

DR. OZ THE GOOD LIFE

September 2015

95 SMART, HEALTHY SHORTCUTS

- * **Easy & Energizing Breakfasts**
- * **2-Minute Body Toners**
- * **One-Pan Dinners**
- * **Instant Ways to Calm**

Free Booklet

Dr. Oz's Stay-Well Checklist

Try my morning routine...

Wakes you right up!

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Sneaky Reasons Women Put On Pounds

Wise up and slim down
p.82

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Juice news, smoothies & more!





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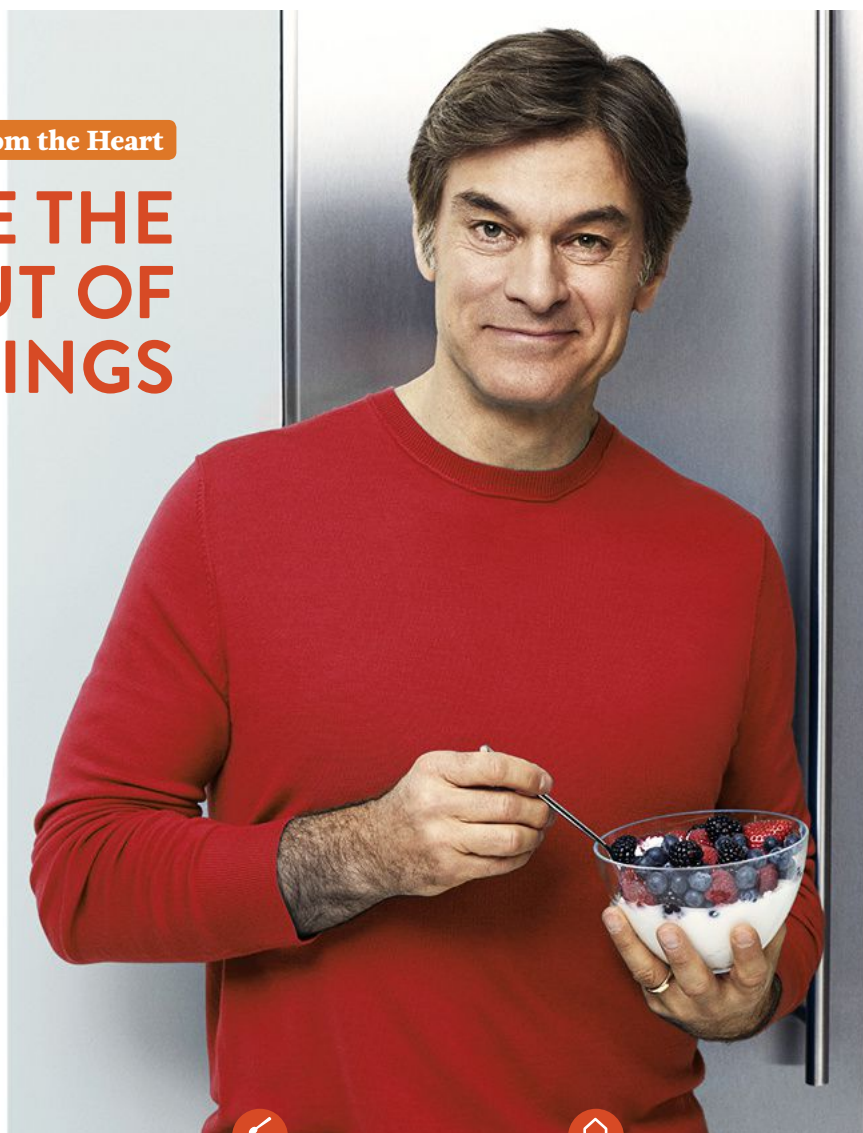
Dr. Oz From the Heart

TAKE THE MANIC OUT OF MORNINGS

I wake up naturally at 5:50 A.M. and start my morning routine.

It sets an unharried tone that helps me manage what's on my schedule, plus all the unknowns that come up, especially during surgery. Here's how I use those first moments to get started with calm energy.

See a step-by-step video of Dr. Oz's daily stretch series at DoctorOz.com/video/morning.



6:00 A.M.

FIRST, MY WAKE-UP STRETCH

After tooth-brushing, I do a seven-minute routine using moves from yoga's Sun Salutation, starting with reaching for the sky, then moving through poses like Upward and Downward Dog. That's nature's caffeine: I get energized as I loosen up. If yoga moves aren't for you, try toe touches, or move your wrists and ankles around in circles in bed. This gentle wake-up is much saner than hitting "snooze," then popping out of bed at the last second.



6:07 A.M.

MIND AND BODY CLEANSE

At this hour, I'm not ready for a formal meditation practice, but I use my time in the shower for something similar. When I step in, I don't prepare a to-do list or stress about the day that lies ahead. For about a minute, I do nothing other than let the warm water rain over my head and face, and focus on how good it feels. By clearing my mind, I let any nagging tensions follow the same path as the water—down the drain.



6:20 A.M.

A MOVABLE BREAKFAST FEAST

I'm never hungry until about an hour after waking, so I take breakfast to work. I'm the first in my family to get out of bed; I tiptoe around and pack 2% Greek yogurt, berries, and maybe a green drink. I find I don't need coffee (and it makes me shaky—not good in the OR). I always have the same meal, so there's no thinking, no messing around, and no bad choices. For options that will stoke your furnace, check out "Good Days Start Here," page 84.



6:30 A.M.

CHECK-IN

Notice how I haven't mentioned email or my phone? That's because I don't want to be bogged down by minutiae right away. (It's also tricky to shave and tweet!) I run a quick triage on my way out the door, but I wait until I'm at the office to really hunker down with my devices. Research suggests you can deplete your decision-making energy as the day goes on. So my mornings help me keep a full tank of juice on tap for the tough decisions, joys, and surprises a good life brings.

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DR. OZ THE GOOD LIFE

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3 Products, 5 Minutes
Everything you need for a fresh face



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READ THE GOOD LIFE ON THE GO
Check out our tablet edition for exclusive videos and more.

CLOCKWISE FROM TOP: DANNY KIM; CHRISTOPHER COPPOLA/STUDIO D; BEN HOFFMANN

 This test paper demonstrates the Dove difference.



Soap can weaken proteins in your skin



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Your Smart Ideas

Readers, you continue to amaze us with your creative, fun takes on fitness, food, and Zen time! So thanks for these, and don't forget to keep sending ideas to Tips@DoctorOzMag.com.

TRY THIS CHILL-OUT TRICK

KICK BUTT AND BOND

"For the last year and a half, I've been training in martial arts with my two sons while I work toward my black belt. Sharing workout time with them brings us closer as we strengthen our bodies and learn important values like respect and communication. It's amazing how motivated we stay when we have a big, strong guy yelling at us!" —Connie Kellar

"Knitting for 15 minutes before bed is a great way for me to de-stress. Focusing my mind on such a simple task helps me forget about anything else that's bothering me." —Sophie Haskell

PRESS "PLAY"

"I've saved some recordings of my grandchildren's voices, so when I'm sad or anxious I can listen to them say, 'Hello, Grandma, I love you,' and smile." —Judith Levine

VEGGIES ON DEMAND

"I often cook a whole pan full of veggies and add some legumes or tofu. I usually include things like eggplant and portobello mushrooms with garlic, onion, and tomatoes in some olive oil. I store this mix in the fridge and add it to scrambled eggs or put some in a bowl with greens, microwave for three minutes, and grate a bit of Parmesan on top. It makes for a delicious and filling meal or snack, and it can last almost a week." —Yvette Koome

A FRUITY TWIST ON H₂O

"I cut up a few lemon slices and strawberries and leave them in a bottle of water overnight in my fridge. When I wake up and drink it, I feel like I'm getting my energy for the day!" —Emely Larissa Aparicio

BE A PEOPLE PERSON

"I introduce myself to one new person every week. It's helped me meet so many people with traits I admire, and has inspired me to be my best too!" —Laurel Santiago

FIT SNACK

"My muscles tend to cramp up after exercising, and I've found that postworkout protein really helps me feel better the next day. To make sure I'm able to fuel up ASAP, I keep some individual packets of almond butter in my gym bag. I swear by Justin's Honey Almond Butter!" —Jessica Leigh Hester

BATHING BLISS

What healthy snack gets you through the day? Send ideas to Tips@DoctorOzMag.com. Submissions may be edited for length and clarity.

"I love an Epsom salt bubble bath when the kids are asleep. Bubbles, candles, music, and a magazine!" —Eyshia Rivota



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DR.OZ THE GOOD LIFE

Superfood of the Month

Corn

Call us corny—it's a compliment. A cup of this delish veg packs in 4 grams of fiber and 5 grams of protein.

Submit your own smart idea for an upcoming superfood star: Brussels sprouts! We'll feature one reader tip, so email yours to drozsuperfoodtip@hearst.com.

I'm a "right off the cob, preferably on a porch" kind of girl. No butter, no salt. Just the real, fresh stuff.

For a fast soup, I simmer corn and broth, then blend it with sautéed onions, milk, and spices.

Love my mom's Mexican salad with corn, black beans, olives, tomatoes, red onion, balsamic vinegar, and chili powder.

Nothing beats succotash with corn, lima beans, tomatoes, and sage topped with grilled scallops.

So delicious: freshly popped corn with truffle oil and Parmesan cheese.

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- ☐ Pale skin & dark circles under eyes
- ☐ Often have difficulty concentrating?
- ☐ Feel chilly or catch colds easily?
- ☐ Have brittle hair or fingernails that chip easily?
- ☐ Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron deficient. Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test.

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juices worth
it? Sunscreen
for your pet?
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9.15



ASK DR. OZ ANYTHING

Your Burning Questions Answered!

Ahhhh!
Just five
minutes
can make a
difference.

Is it worth it to cool down after you exercise?

OZ SAYS Yes, but not for the reason you'd expect. Scientists at Iowa State University have found that people who cool down remember their workouts as more pleasant than other exercisers do, says lead researcher Panteleimon Ekkekakis, Ph.D., an associate professor of kinesiology. So they'll be more inclined to want to work out again than people who call it quits right when the timer goes off. "The last thing you remember from your session—whether that's the feel-good cooldown or a tough sprint—is a big factor in how the experience registers in your memory," he says. If you're really pushing hard, going easy can also help reduce the chance of dizziness or fainting due to blood pooling in your lower body if you completely stop. Just spend five to 10 minutes doing an easier version of your exercise (like walking when you've been running). If your whole session was low intensity, your body probably doesn't need the cooldown, but your willpower might appreciate it.

ASK DR. OZ ANYTHING

Bottle of
fresh-squeezed
controversy,
anyone?

100% juice
doesn't have
fiber, so fans
should fill up
on whole
produce, too.

Additional source: Joan Salge Blake, R.D., clinical
associate professor, Boston University

Q IS JUICE THAT'S COLD-PRESSED BETTER FOR YOU?

OZ SAYS All juicers do the same basic thing: squeeze the liquid out of produce while removing the roughage. Centrifugal-style machines—classics in health food stores and home kitchens—use blades to cut through food and a revolving strainer to spin the juice free of the pulp. All that slashing and whirling exposes nutrients to oxygen and heat, two elements that theoretically make them less potent. In a different camp: cold-press machines. Juice tycoons peddling \$10 bottles of the cold-pressed stuff claim that their method, which mashes and squeezes the foods so there's no contact with air and heat, keeps more goodness in. The trouble is, “we don't have enough information to prove that either method is good or bad,” says Bhimu Patil, Ph.D., director of the Vegetable and Fruit Improvement Center at Texas A&M University. So no need to make yourself crazy seeking out one over the other.

TRY IT OR SKIP IT?

Community Acupuncture

THE CLAIM Getting acupuncture treatments in a room full of people who are doing the same thing is just as good as having individual sessions, but cheaper.

OZ SAYS If you don't mind hanging with a bunch of folks who have needles sticking out of them, this is a smart trend to try. While one-on-one appointments run about \$70–\$120, many clinics offer community acupuncture for a wallet-friendly sliding scale of \$15–\$40 per session. Money's not the only draw; some people find these appointments more comfortable. In group

visits, you relax quietly in recliners, fully clothed, with arms or legs uncovered depending on where you need the needles, while solo appointments can involve undressing and lying on a treatment table. You may still need one-on-one visits, explains Jamie Starkey, lead acupuncturist at the Cleveland Clinic's Center for Integrative Medicine, if you have a condition that requires a longer session or the acupuncturist can't access the right spots on your body without a table. But lots of people do well in a group setting.

TRY IT



☐ TRY IT OR ☐ SKIP IT?

Sunscreen for Your Pet

THE CLAIM Spray-on sunscreens for animals help lower your pet's risk of skin cancer.

OZ SAYS It's true that dogs and cats, especially ones with light-colored or sparse fur, can suffer from sun damage. Trouble often happens on the ears, which are vulnerable to the type of skin cancer called squamous cell carcinoma. But research has yet to show that any kind of sunblock is effective for animals. And accidentally using a dog's formula on a cat can be dangerous; an ingredient in some dog products can be deadly to felines (plus, it's hard to imagine your cat sitting quietly while you sunscreen her—even with the right product!). Don't shell out \$10–\$20 for something that's not proven. Ultimately, experts say, the simplest way to protect furry ones is one of the same ways you keep yourself sun-safe: Whenever you can, choose the shade.

☒ **SKIP IT**

Q WHY ARE SOME PEOPLE THIRSTIER THAN OTHERS?

OZ SAYS The saltier your diet, the more water you'll want. Whether salt is sneaking into foods you already eat (check the label on your bread!) or you add it on top, it pulls water out of cells. When your brain notices that the water level has dipped, two things happen: It triggers thirst and, wisely, conserves the water you already have, signaling the kidneys to turn less into urine, explains Edward Stricker, Ph.D., a neuroscientist at the University of Pittsburgh. You may notice that a friend is thirstier than you, even though you ate the same thing and exercised the same amount. In that case, your natural biology could be responsible: Your pal may just produce less of the hormone that tells the kidneys to hoard water. That means she pees more away and has to keep replacing it. Age is another factor: As you get older, you get worse at detecting thirst—a 30-year-old and a 75-year-old could be equally dehydrated, says Stricker, but the younger person would feel it more and reach for replacement fluids faster.



PARCHED?
Not everyone
needs the
same amount
of water.

Q

WHAT'S THE DEAL WITH THESE NEW DOCTOR-ON-DEMAND ONLINE SERVICES? ARE THEY SMART?

OZ SAYS I'm a big fan of funneling all of your health concerns through your usual doctor, but I know that's not always practical. If your problem seems routine and you're in a bind—like you can't

get out of the house, you need advice quickly, you're traveling, or clinics are closed—these Internet services (known as telehealth services) can be good options. With most, you create an account on the website, select a doc, and start a video or phone visit, for about \$40-\$50.

Dial-a-docs are best for common issues like colds, flu, sore throats, diarrhea, and vomiting. They're also useful for skin problems because the camera on your device can show a dermatologist what's going on pretty clearly, says Steven Buslovich, M.D.,



M.S., an assistant clinical professor at SUNY Buffalo School of Medicine.

What to keep in mind:

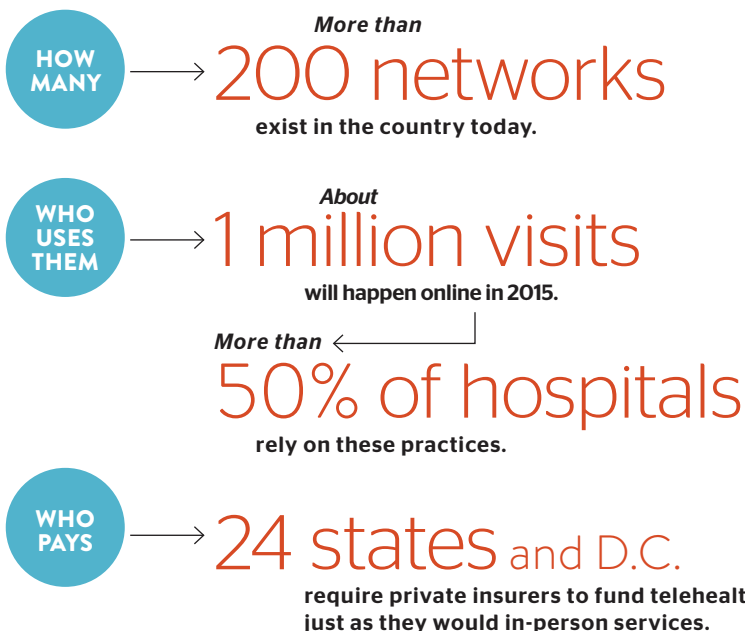
► Check if your insurance covers one of these services, and use that one—the company will have

vetted it. These established telehealth providers are now partnering with some major insurance plans and use board-certified physicians: American Well, Doctor on Demand, MDLive, and LiveHealth.

► Ask if a med you're prescribed is truly necessary. New research shows that telehealth doctors are quicker to give out heavy-hitting antibiotics, which may be more than you need.

► Tell your regular doc about the visit (some services do it automatically) so she can add the info to your records.

The 411 on Telehealth



Q

Is peeling off your polish really that bad for your nails?

Yes.

OZ SAYS JUST A FEW FLICKS CAN DO A LOT OF DAMAGE.

Every time you succumb to the urge to peel off your latest manicure, you're also removing the top layer of your nails. Under a microscope, the cells there look like tiles on a roof. And when you pick off your polish, you're stripping some "tiles" and damaging that surface. The result? Weakened, breakable nails and possibly rough, unglamorous white patches called keratin granulations that can take a few weeks to heal. To speed the repair process, gently smooth nails with a buffer and apply cuticle oil. Keep them strong from now on by removing your polish with, you guessed it, remover.



Pumpkin, sunflower, chia—what can eating seeds do for your body?

OZ SAYS DON'T LET THEIR SIZE FOOL YOU: THESE LITTLE GUYS CONTAIN A POWERFUL BLEND OF HEALTHY FATS, PROTEIN, FIBER, VITAMINS, AND MINERALS. THEY'RE NOT ALL THE SAME, THOUGH. CHECK OUT WHAT EACH BRINGS TO YOUR TABLE.

BEST FOR FISH AVOIDERS

Flax seeds

An original "superfood," flax is brimming with fiber, cholesterol-lowering compounds called lignans, and healthy omega-3 fats (like you get from fish). Try in yogurt or a crumb coating for chicken. Buy them ground so you get all the nutrients.

1 Tbsp: 37 cal, 3 g fat,
1 g protein, 2 g carb,
2 g fiber

BEST FOR FENDING OFF DIABETES

Pumpkin seeds

Often called pepitas, these are a good source of magnesium (a tablespoon has as much as a whole banana), a mineral many people don't get enough of and one that can help lower your risk of heart disease, stroke, and diabetes.

1 Tbsp: 45 cal, 4 g fat,
2.5 g protein, 1 g carb,
.5 g fiber

BEST FOR BOOSTING FIBER

Chia seeds

The soluble fiber in chia seeds swells in your gut to create a sense of fullness that helps keep your hand out of the junk food jar. These seeds start out crunchy, then get jellylike in liquids like smoothies and yogurt.

1 Tbsp: 60 cal, 4.5 g fat,
3 g protein, 5 g carb,
5 g fiber

BEST FOR YOUR GROCERY BILL

Sunflower seeds

The inexpensive kernels are a stellar source of vitamin E (a tablespoon gives you an eighth of a day's needs). Look for shelled seeds labeled "raw"—they're not roasted in the oils that can load up the calories.

1 Tbsp: 51 cal, 4.5 g fat,
2 g protein, 2 g carb,
1 g fiber

BEST FOR HIGH-PROTEIN FANS

Hemp seeds

These nutty-tasting seeds, or "hearts," from the hemp plant get props for their high protein content and omega-3s. Don't confuse them with their cannabis cousin grown for marijuana—this stuff doesn't come with a high. Sprinkle into smoothies and cereals.

1 Tbsp: 57 cal, 4 g fat,
3 g protein, 1 g carb,
1 g fiber

Source: Dietitian Lisa R. Young, Ph.D., R.D., adjunct professor, New York University



**HERE
FOR YOU
ALL
SUMMER.**

BECAUSE
HEALTHY LIVING
DOESN'T TAKE
A VACATION.

WATCH WEEKDAYS
DoctorOz.com

September

HEALTHY BODY

OZ NEWS

5 THINGS
WE JUST
LEARNED

1

A DIY Massage

Lacrosse balls are becoming physical therapists' go-to tool for easing muscle tension, and many trainers love them too. "The round surface can press into and stretch the muscle to help reduce inflammation and promote healing," says Michele Olson, Ph.D., a professor of exercise physiology at Auburn University at Montgomery. It's easy: Place the ball against a wall between your shoulder blades, for example, and then roll your body back and forth and in circles over it. It's a hurts-so-good sensation at first, but your muscles will love the attention.

Turn for 4 More



Healthy Hacks for Your Body

PHOTOGRAPHED BY DANNY KIM

DOCTOROZMAG.COM

2

The Quick-Change Workout Shoe

Nike's new barely-there kicks give you a grippy surface to prevent slips during yoga, barre, or Pilates classes and protect against germs that barefoot people leave behind (sorry, but it happens). Even better, they come with supportive ribbon and supercute mesh flats that you can wear over the wraps—or alone—to and from the gym. Nike Studio Wrap Pack 3 three-part footwear system (\$120, nike.com).



PRESTO CHANGO!

Slip the flats (below) over the ribbon-laced wraps and you're good to go.



3

one product, three ways

FIX IT WITH TEA

You know about the potential cancer-fighting and heart-boosting powers of drinking tea. But those little bags are good for a slew of home remedies, too—like these:

► Get rid of swollen eyes

Place a warm, wet black or green tea bag on your eyelid to shrink a sty. Or use a chilled one to reduce puffiness.

► Treat a headache

Steep peppermint tea and pour over ice. Soak a washcloth with the iced tea; place over your forehead and closed eyes.

► Soothe breakouts

Make ice cubes from freshly brewed green tea. Wrap a few in a washcloth, then apply it to skin inflamed by acne or rosacea.



4

exercise made easier

USE YOUR NOSE

Chances are you breathe through your mouth during sweat sessions. But Patrick McKeown, breathing trainer and author of *The Oxygen Advantage*, recommends breathing through your nose: It delivers nitric oxide, which helps bring extra blood to your muscles, and cuts down on dehydration. Next time you're on a walk, run, or bike ride, inhale and exhale through your nose while keeping your lips closed. It'll feel weird, but within a few weeks you'll notice you can exercise longer and don't tire as quickly, McKeown says.



5

Speedy Doc Appointments Instead of calling around, snag a slot ASAP—often within 24 hours—through ZocDoc. The free website allows you to search by specialty (to find a new doc) or name (to check if yours is on it), as well as by location and insurance plans accepted. Now if only it could teleport you there....

Dr. Oz wants to hear what you think of the September issue. Take our quick, simple online survey and you'll automatically be entered for a chance to win \$5,000.



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\$5,000
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WWW.SEPTEMBERSURVEY
.DOCTOROZMAG.COM

“Whenever I hear from you, I learn so much about what it means to live the good life. So keep sharing!”

Mehmet Oz, M.D.



Visit www.SeptemberSurvey.DoctorOzMag.com to get started.

NO PURCHASE NECESSARY TO ENTER OR WIN. READER FEEDBACK SWEEPSTAKES. Sponsored by Hearst Communications, Inc. There are two (2) ways to enter beginning December 1, 2014, at 12:01 AM (ET) through December 31, 2015, at 11:59 PM (ET): Either go to www.septembersurvey.doctorozmag.com on a computer or wireless device and complete and submit the entry form pursuant to the on-screen instructions. One (1) Grand Prize Winner will receive \$5,000; One (1) First Place Winner will receive \$500 and (10) runner-up Winners will each receive \$100. Total ARV: \$6,500.00. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules, available at www.septembersurvey.doctorozmag.com.

Listen to Your...

OVARIES

These powerful little engines help drive hormones, fertility, moods, and more. Discover what's going on in there and how to find your balance when they veer off course.

BY MAGGIE PUNIEWSKA ILLUSTRATIONS BY MARK ALLEN MILLER

✦ The ovaries produce estrogen, progesterone, and even testosterone and send them through your body. You need those hormones for a healthy reproductive system and for brain, muscle, and bone development.

Vitals

SIZE

Ovaries start out as big as walnuts and end up the size of almonds.

NUMBER OF EGGS IN THE OVARIES AT BIRTH

between 1 and 2 million

NUMBER AT PUBERTY

300,000

NUMBER AFTER MENOPAUSE

0



WHY EGGS VANISH

Even before you hit puberty, many of them say sayonara through the natural process of cell death (called apoptosis). Because eggs are so microscopic, they're just reabsorbed into the body. It's not clear why they die, but up to 1,000 eggs can kick the bucket each month until the supply is gone at menopause.

✦ Eggs are at their prime in your teens and twenties. Over time, the quality drops (they can have too few or too many chromosomes), which hikes up the risk of miscarriage or genetic imbalance in a baby. That's one of the reasons it's harder to conceive in your late thirties and forties.

✦ Follicles are homes within the ovaries for undeveloped eggs. When an egg matures, it tears the follicle and pops out. Some women feel pain at this point (that's what that word *mittelschmerz*, meaning "middle pain," refers to); it can usually be tamed with an OTC painkiller and a hot towel or a heating pad.

✦ Each month, a dozen or so eggs can develop, but only one (or two, in the case of twins) matures and makes its way through the fallopian tube to the uterus. About 400 eggs go through the ovulation process during your lifetime.





Ovaries Don't Always Retire Quietly

Some women's ovaries cause a fuss during perimenopause, the years right before your period stops. This phase can feel as unpredictable as adolescence, complete with mood swings and come-and-go periods. What's going on? As you age, it's as if your ovaries get a little hearing-impaired. Your hormones tell them to release an egg, but they don't always catch the command. So your body "talks louder," sending out more hormones. Sometimes it works and you get a period; other times, you skip one. As periods yo-yo, so do your hormones, which can cause sleep trouble and hot flashes. Talk to a doc: There are now many ways to control these symptoms.

REMINDER!

KEEP YOUR ANNUAL EXAM

Since ovary trouble can brew without any symptoms, a full pelvic exam is essential in helping catch cysts and potential tumors.

Trouble Can Show Up in Surprising Ways

You might not think to go to a gynecologist for such symptoms as thinning hair, acne, weight gain, or a hike in body and facial fuzz, but they're all red flags for PCOS (polycystic ovary syndrome). This affects as many as 20% of women, and because it doesn't seem like a gyno issue, many spend years seeing the wrong specialists and getting misdiagnosed. If you have PCOS, which may also cause irregular periods and pelvic pain, your ovaries make more androgens than usual. This keeps egg-filled follicles shut instead of allowing them to pop open, and cysts form there, explains Brian Walsh, M.D., director of surgical gynecology at Brigham and Women's Hospital in Boston. Birth control pills are often used to treat it, but sometimes dropping pounds allows symptoms to clear up on their own, Walsh says.

Sometimes, a Cyst Is Just a Cyst

The most common type of cyst develops when an egg-producing follicle doesn't rupture and release an egg but swells with fluid instead. The majority of these are small and painless, and you might not even realize they're there until your doctor feels them during a pelvic exam (you're not likely to be able to poke around and feel them yourself in the early stages). In other people, cysts cause abdominal pain, feelings of fullness in the lower belly, and irregular periods. Either way, your doc will likely want to do a vaginal ultrasound to know more. You can usually breathe easy: Most cysts will go away on their own, and they're rarely precursors to cancer.

So Why Did Angelina Jolie Have Her Ovaries Removed?

Lots of people asked that after Jolie's recent surgery. Doesn't she have the breast cancer gene mutation? She does, and had a double mastectomy to lower her risk of breast cancer. But that same mutation also raises her chance of ovarian cancer. Two years later she had her ovaries removed, too. Should everyone in that situation do what Jolie did? It's not a given.

One of the reasons the choice is tough is that ovary removal may raise the risk of heart disease (no ovaries means no more heart-protective estrogen), which is far more prevalent than ovarian cancer. So you have to take many risks into account. This decision gets made with your doctors and a genetic counselor.

REMINDER!

DON'T SMOKE

Chemicals in cigarette smoke damage eggs' genetic material and cause them to die off faster. Once they do, they can't regenerate or be replaced. The result: It can be harder to conceive, and menopause can start one to four years earlier in women who puff.

Additional Sources: Alan B. Copperman, M.D., director of the Division of Reproductive Endocrinology and Infertility, the Mount Sinai Hospital, New York; David Fishman, M.D., director of the Mount Sinai Ovarian Cancer Risk Assessment Program





Meet Your Motivation

Amy Budd, 43, lost half her body weight and pulled off a total turnaround, inside and out. Find out what it takes, then get fired up to go after what you want.

AS TOLD TO LAMBETH HOCHWALD PHOTOGRAPHED BY EMILY KATE ROEMER

It's hard for me to believe that I ever weighed 333 pounds when I see the "me" in the photo on this page. Four years ago, I couldn't even walk down a hallway without becoming breathless. My unhealthy behaviors were so ingrained that it was going to take a serious shove to turn my life (and body) around—and that's exactly what life gave me.

I can pinpoint when my eating first started going downhill: I was in my midtwenties, a busy newlywed, and fast food and takeout were my go-tos.

Of course, the effect of this way of eating was weight gain—lots of it. Then I got into a yo-yo pattern. Two years after I gave birth to my twins, I lost 76 pounds, but I couldn't maintain that size. I was back up to 298 pounds by 2006, then lost 100 pounds in 10 months—and, yes, I immediately gained it all back.

I was in a horrible cycle, swinging from one end of the scale to the other, because it was too hard to sustain what I was doing to slim down. A meal might look like a piece of plain chicken, or tuna without mayo, and steamed veggies—no fat at all. I counted calories, making sure to stay under 1,200 per day, and I weighed all my food to be certain I didn't overeat anything, even vegetables. After a period of this kind of super-controlled eating, I'd go to the other extreme and chow down on anything I wanted, in whatever amount. I'd get a hero and a pizza for dinner, for example, and eat them both. Or I'd have a pint of ice cream in one sitting.

I felt numb when I ate all that food, and I used the

effect like anesthesia to help me deal with what I was going through emotionally. In the summer of 2010, I found myself in the middle of divorce proceedings and decided one day to take my kids to a nearby obstacle course. We needed to just spend time together having fun. My 9-year-old son wanted to do the adult course, but he was a few inches too short. Me? I was 60 pounds too heavy to be allowed in. The day was a huge disappointment—and a denial buster. I couldn't ignore how bad my

weight problem had become. I made a pact with my son that day: “You grow the inches, and I’ll lose the weight—then we’ll come back here next summer.” But seven months later, I still hadn’t lost a pound—in fact, I’d *gained* 20. I’d made plenty of empty promises to myself in the past, but now I couldn’t even come through for my son.

Soon after, at a doctor’s visit, my gynecologist gave me a straight talk: This wasn’t just a clothing-size issue; my health was on the line. I had all the hallmark signs of metabolic syndrome and prediabetes. And I had already been diagnosed with PCOS (polycystic ovary syndrome), an endocrine disorder.

My dad was proof of my possible fate if I didn’t start to make changes. He’d been living with type 2 diabetes since he was 40, and was now seriously ill. One leg had been amputated, and he had kidney failure. One day, standing by his hospital bed, I looked at him and then at myself. Here I was, almost the same age as he was when he was diagnosed, and weighing over 300 pounds. There was nothing I could do to fix him, but I could still fix me. And I needed to, fast. I knew enough about diabetes to connect the tingling I’d begun to feel in my toes with blood sugar raging out of control.

When I left the hospital, I made a vow to myself—the last one—that I would lose the weight for good. That day, I signed up for MyFitness Pal, an online food-and-exercise tracker. I log in daily to keep myself accountable—it’s been 1,559 straight days (and counting) of logging on to the site.

At first, I started to crash-diet again, because it was all I knew when it came to weight loss. But after a few months, I always felt hungry, began having a lot of food cravings, and was losing willpower fast. Then, on the MyFitnessPal

site, I read about an approach to eating that was paleolike but didn’t seem as restrictive to me, and I decided to give it a try. Four years later, I still eat in this way. The basic framework: protein (that could mean chicken, wild-caught fish, eggs), plus lots of veggies (especially the green ones), and carbs such as sweet potatoes, winter squash, and fruit (instead of the kind that can spike blood sugar, like white bread and refined sugars). My healthy fat faves are coconut oil and butter from grass-fed cows. And when I have a treat, it’s quality, like dark chocolate that’s 80% cacao.

The result? I was able to keep on a steady weight-loss path, dropping an average of 10 to 12 pounds per month in the first year. In the process, I’ve figured out that the key for me is to keep things healthy but not boring. I look for delicious recipes online, like cauliflower pizza (the crust is made with mashed-up cauliflower). As a crunchy-food addict, I needed to find smart swaps for chips. I’ll take a head of iceberg lettuce (confession: I always have three heads in my fridge), and when I miss that mindless hand-to-mouth eating while watching TV, I crack it into a big bowl and nosh away as if it’s a pile of pita chips.

Exercise proved to be a whole other beast. I started by just walking, then thought, *Why not run?* So I downloaded the Couch to 5K app onto my phone. It coaches you to mix walking and running until you can run the entire distance (3.1 miles). Well, I tried to run, but at my size, I couldn’t. Still, I worked on it for a few months, and in the fall of 2011, I jogged my first mile.

As my dad’s condition tragically deteriorated—he eventually had to have his other leg amputated—I got stronger and stronger. A year after that one-mile victory, I completed a half-marathon.

I want other women to know that they, too, can get from where I was—overweight, miserable, and headed in my dad’s direction healthwise—to where I am now. Most days, you’ll find me, my husband (in 2012 I got remarried), and our kids working out in the home gym we set up in our garage. No matter how many false starts and empty promises you’ve made, you always deserve to give yourself another shot. ■



Before
“Food was comfort,” says Amy, until the day she saw how scary her future could be.

Amy Budd’s Weight-loss Timeline

MARCH 2011

333 lb



JUNE 2011

283 lb

50 pounds down from her top weight.



OCTOBER 5, 2011

239 lb

Jogs her first mile.



OCTOBER 21, 2011

233 lb

100 pounds gone!



OCTOBER 6, 2012

184 lb

Crosses the finish line of her first half-marathon.



MAY 2014

170 lb

Hits her goal weight.

Happy and healthy, and committed to staying that way.

Snoop Around Our Office

At *Dr. Oz The Good Life*, we walk the (healthy) walk. Look what you can find on our shelves and under our desks—sick days don't stand a chance.

PHOTOGRAPHED BY JARREN VINK



COLD RELIEF



1 Desktop Dining

Mindful eaters put takeout on an actual, pretty plate. (\$26–\$32.50 for set of four in various melamine designs, potterybarn.com)

2 Steel Sippers

Our editors up their H₂O intake with cool, eco-friendly straws. Stainless Steel Straws (\$15 for set of six, surlatable.com)

3 So Soft

The beauty department's luscious go-to hand and cuticle soother. Lemon & Coconut Hand Cream (\$23, thejojobacompany.com)

4 Teatime

We stay focused with antioxidant-rich green and black brews. MyTea for the Office Box Set (\$38, us.palaisdesthes.com)

5 BPA-Free Bottle

A genius hydrator that unscrews in the middle for cleaning—it's easy to zap germs. Bottle in Naked Stainless and Teal (\$30, alexbottle.com)

6 A.M. Fave

Fuel for the day's first meeting: a bowl of sweet, salty, good-for-you granola. Farmhand's Choice Granola (from \$9, earlybirdfoods.com)

7 Natural Aid

In our first aid box: A dab of this tea-tree oil helps heal pesky paper cuts. Tea Tree Oil (\$18, thebodyshop-usa.com)

8 Fight Off Colds

This natural remedy is made with zinc and elderberry. Black Elderberry Cold & Flu Relief (\$13, sambucolusa.com)

9 & 10 Treats!

Our snack drawer is filled with these. Raspberry Fig Bar (\$1, naturesbakery.com). Chipotle Barbeque Halfpops (\$2, halfpops.com)

11 Work in Motion

This balance board keeps our exec editor moving while she edits. The Original Handmade Level in Solid Bamboo (\$429, fluidstance.com)



12

BOOSTS BALANCE



15

13



14

SNACK TIME

BE HAPPY.
BE BRIGHT.
BE YOU.

16



17

FOOT BLISS



18



19

12 Listen Up

Studies show music can amp up work productivity; we like these comfy headphones. Humlan in Jam (\$49, urbanears.com)

16 Morale Boost

An inspiring mantra to post. Just look up and breathe on super-stressful days. Be You Print (\$40, sugarpaper.com)

13 Sweet Surprise

Raw, paleo macaroons? A fave midday escape around here. (We love the brownie ones, too.) Mini Coco-Roons in lemon pie, (\$3, mycocoroons.com)

17 Fuss-Free Plants

Zen up your cube with greenery. Succulents are low maintenance—and so sculptural. Echeveria Plant (\$16 for set of three, homedepot.com)

14 Ready to Serve

A bright bowl to hold the right-size snack. Try our pick: protein-packed pistachios. Textured Dip Bowl (\$4, westelm.com)

18 Greens Garnish

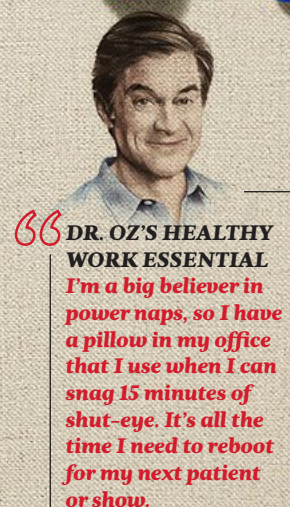
Rich in omega-3s, avocado oil is unexpectedly delicious on any salad. La Tourangelle Avocado Oil (\$9, latourangelle.com)

15 Keep Yodeling...

...with this Swiss sore-throat fix (our managing ed keeps a supply on hand). The Original Natural Herb Cough Drops (\$3, ricola.com)

19 Tootsie Delight

We hear contented sighs when our deputy ed rolls out her sore feet with these massagers. Hand & Foot Treatment Kit (\$50, meltmethod.com)



DR. OZ'S HEALTHY WORK ESSENTIAL
I'm a big believer in power naps, so I have a pillow in my office that I use when I can snag 15 minutes of shut-eye. It's all the time I need to reboot for my next patient or show.



TRY THE NEW SUPERMOVES!

Just one of these is better than two standard-issue exercises.
Do a few and you'll cut your workout time in half.

BY ALYSSA SHAFFER PHOTOGRAPHED BY LAUREN PERLSTEIN

① Reverse curl

This move is more effective for your abs than the average crunch because the lower ab muscles are working to stabilize your spine at the start (A) and to lift and lower your tailbone at the end (B), explains Andrea Mitchell, a Pilates and yoga instructor based in New York. Keep the movement slow and controlled to get the most out of each rep.

B

EXHALE and tighten your abdominals while you lift your tailbone 2 to 3 inches off the floor. Slowly lower back down to starting position (count to 3 so you don't plop down too quickly). Work your way up to 10 reps in a row.

A **LIE** flat on your back, pulling your abdominals in, with both legs extended straight up toward the ceiling, toes pointed, as shown.

2 Mountain climber ▶

“This move is intense enough that many athletes use it as a warm-up,” says Meggan Berg, group fitness director of ClubSport Oregon. “The faster you move your legs, the more calories you’ll burn.”

A / BEGIN on the floor in a push-up position, hands directly under shoulders and legs extended behind you, as shown.

B / BRING left knee as close to chest as possible, as shown, then quickly switch legs, pulling right knee in while extending left leg back. Continue for 30 seconds, alternating legs the whole time.



3 Standing side crunch ▼

“When you take your crunches off the floor, you’re forced to work your hip and butt muscles, making it a full-body exercise,” says Stephanie Levinson, an instructor at Equinox Fitness in New York.

A / STAND with feet shoulder-width apart and hands behind head, elbows out to sides, as shown.

B / LIFT your right leg, bending knee 90 degrees and turning thigh out to side, as shown. Lower right elbow toward right knee. Touch right foot back to floor while bringing your torso back to starting position. Repeat for 12 to 15 reps; switch sides.



④ Plié squat with heel raises

Squats are a very effective exercise: You work your butt muscles and quads by holding a contraction, says Cari Shoemate, a trainer based in Houston. “The heel raises provide an added challenge for your calves. And the more you turn out your toes and keep your torso upright, the more ab toning you’ll get, especially in the lower abs.”

A

STAND with feet wider than shoulder-distance apart, feet turned out slightly and hands on hips. Squat down, bending knees about 90 degrees or as low as you can go while keeping your torso upright. Don't let knees move past your toes.

B

LIFT right heel, as shown. Hold for 1 count, and lower. Repeat with left heel. Continue alternating, doing about 10 heel raises on each side. Straighten up to starting position; repeat series once or twice.



5 Modified yoga push-up ▼

“This is a deceptively challenging move because you’re using your body weight for resistance, so doing just a few reps a day correctly will help strengthen your shoulders, triceps, and core, as well as your legs,” explains Mia Togo, a senior teacher at YogaWorks in Santa Monica, CA. Eventually, you can work up to doing the move with your legs fully extended. (It’s important to get the form right, though, she points out, or you’ll miss the benefits.)

A / BEGIN with hands directly under your shoulders and your knees bent, as shown.

B / BEND both elbows as close to 90 degrees as you can, letting them graze the sides of your body, as shown. Lower your shoulders until they’re the same height as your elbows. Keep your head in line with your spine. Push back up to start and repeat, working up to 12 to 15 reps.



6 Half side plank ▲

“A standard plank is great, but side planks do double duty: They work the abs and lower back muscles and also tone your side belly muscles,” says Mitchell. Keeping your knees on the floor makes it a little easier; to challenge yourself, straighten your legs so your body is in a straight line from head to heels.

A / LIE on your right side, knees bent, with feet behind you. Keep your right elbow on the floor with your forearm perpendicular to your body, as shown.

B / LIFT hips off the floor and hold, forming a straight line from head to knees, as shown. Aim to hold this position for 20 seconds, working up to 60 seconds as you build more strength. Switch sides.

The Way WE WORK



7:15AM
OUT OF COFFEE



8:20AM
MORNING COMMUTE TRAFFIC



1:00PM
DENTIST



3:30PM
BIG PRESENTATION



8:00PM
LAST-MINUTE
SCIENCE FAIR PREP



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6:30AM
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7:35AM
LATE FOR FITNESS CLASS



12:30PM
LUNCH WITH NEW BOSS



6:00PM
IMPROMPTU DINNER GUEST



9:00PM
PAY CREDIT CARD BILL



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WHAT HAPPENS WHEN...

...Your ears are ringing

No, it's not because someone's talking about you. Forty-five million Americans experience tinnitus, a perceived buzzing, roaring, or clicking sound in the ears. Many things—teeth grinding, loud noises, some meds—can cause changes in neural activity that lead to that annoying ringing, says Craig Newman, Ph.D., an audiologist at the Cleveland Clinic. For some, it goes away after a few minutes or hours; others hear it intermittently; and 20 million people suffer from chronic tinnitus (lasting six months or longer). There's no cure, but docs may suggest hearing aids, sound machines, or cognitive behavioral therapy for relief.



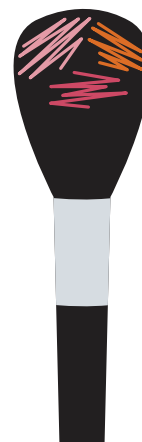
...You take a vacation from flossing

Not flossing for days can turn food between your teeth into plaque, which can cause cavities and gum disease, says Ana Paula Ferraz-Dougherty, D.M.D., a spokesperson for the American Dental Association. Less than half of Americans floss daily, so it's no coincidence that nearly half of us also have gum disease—which is linked to diabetes, stroke, and cancer. Please: Clean between your chompers.



...You forget your flip-flops and have to go barefoot in a public shower

You could pick up a fungus, which loves warm, moist environments. But don't tiptoe in terror, says San Diego-based dermatologist Jeff Benabio, M.D. Just wash your feet with antibacterial soap, and dry them off completely before putting your shoes back on. "If there was fungus lurking, a towel should wipe it off," Benabio says.

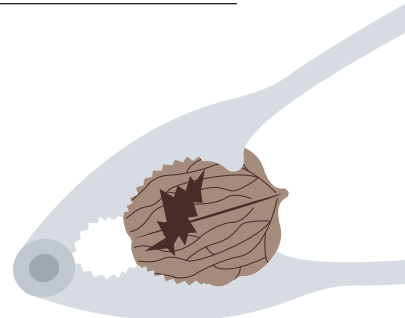


...You crack your back

The fluid in our joints contains gases that can escape when we make sudden moves, causing a pop, says Steve Conway, D.C., a spokesperson for the American Chiropractic Association. No big deal, unless it happens when you contort yourself into a joint-straining position (don't!). Stretching can help ease tightness and nix popping.

...You never clean makeup brushes

Most people's skin can handle a dirty brush with no major issues, says Dee Anna Glaser, M.D., a professor of dermatology at Saint Louis University. But if you have sensitive skin or acne or just want to play it safe, wash brushes monthly with baby shampoo or a drugstore brush cleaner to kill bacteria. And anyone with a local infection (in their eye or on their face) should avoid using brushes until they're better, or they may reinfect themselves later.



Make sure your routine checkups stay



routine



Got a routine doctor visit coming up? You already know what they're going to say — eat well, exercise, and maintain a healthy lifestyle. Great advice, but taking the right nutritional supplements can help ensure your next checkup is a good one. So choose Life Extension®. We make the best supplements money can buy, so your body actually gets the nutrition that it needs. And that goes a long way toward ensuring your routine doctor visits *stay routine*.

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Inspired by the heart-healthy Mediterranean diet, this superior omega-3 formulation provides fish oil so pure that it actually exceeds the purity standards set by an international rating agency,[†] as well as powerful polyphenol antioxidants from olive fruit and sesame lignans to help guard against lipid oxidation.

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- The equivalent of 4–6 tablespoons of olive oil.

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Maximize your CoQ10 levels with this breakthrough formula

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CoQ10 is essential to cardiovascular health and cellular energy production — but is difficult for your body to absorb. Super Ubiquinol CoQ10 overcomes this problem with *ubiquinol*, a form of CoQ10 that is **8 times** more absorbable. Plus, this enhanced formulation contains *shilajit* to **double** CoQ10 levels in the mitochondria — making it one of the most potent CoQ10 supplements anywhere!

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[†]The Super Omega-3 product meets or exceeds International Fish Oil Standards (IFOS™) for omega-3 concentration, PCBs, dioxins, furans, oxidation and heavy metals, and thus has received its highest 5-star rating. IFOS™ certification mark is a registered trademark of Nutrasource Diagnostics, Inc. These products have been tested to the quality and purity standards of the IFOS™ program conducted at Nutrasource Diagnostics, Inc.

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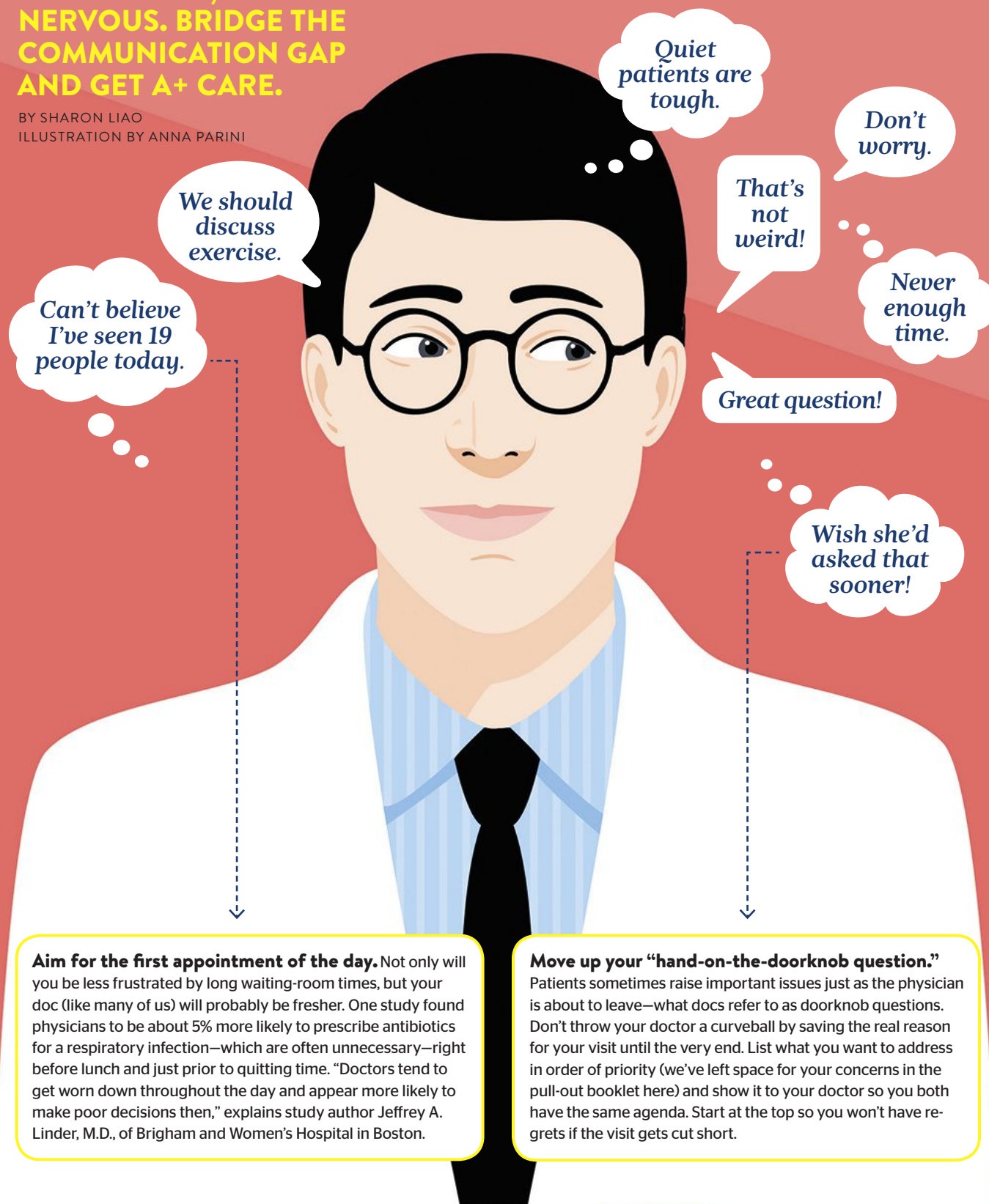
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Hey,
Doc!

CAN WE TALK?

HE'S RUSHED, YOU'RE NERVOUS. BRIDGE THE COMMUNICATION GAP AND GET A+ CARE.

BY SHARON LIAO
ILLUSTRATION BY ANNA PARINI



We should discuss exercise.

Can't believe I've seen 19 people today.

Quiet patients are tough.

Don't worry.

That's not weird!

Never enough time.

Great question!

Wish she'd asked that sooner!

Aim for the first appointment of the day. Not only will you be less frustrated by long waiting-room times, but your doc (like many of us) will probably be fresher. One study found physicians to be about 5% more likely to prescribe antibiotics for a respiratory infection—which are often unnecessary—right before lunch and just prior to quitting time. “Doctors tend to get worn down throughout the day and appear more likely to make poor decisions then,” explains study author Jeffrey A. Linder, M.D., of Brigham and Women’s Hospital in Boston.

Move up your “hand-on-the-door knob question.” Patients sometimes raise important issues just as the physician is about to leave—what docs refer to as doorknob questions. Don’t throw your doctor a curveball by saving the real reason for your visit until the very end. List what you want to address in order of priority (we’ve left space for your concerns in the pull-out booklet here) and show it to your doctor so you both have the same agenda. Start at the top so you won’t have regrets if the visit gets cut short.

Even Dr. Oz admits that people in his profession aren't always the world's best listeners. In fact, one study found that about two-thirds of patients can't get their first thoughts out without being interrupted by their doctors. But to be fair, many docs are expected to see some 20 patients a day. This can leave just enough time to zero in on your main complaint with a series of rapid-fire questions. Med schools actually teach these question sets (or "algorithms"), which help doctors figure out what could be wrong. The trouble starts, though, when they follow the algorithm instead of hearing what you're saying—a practice called cookbook medicine. "That can lead to unneeded tests and incorrect diagnoses," says Leana Wen, M.D., emergency physician and commissioner of the Baltimore City Health Department. Follow the steps below and use our booklet to get what you need at your next visit.



Go ahead and interrupt (politely). If you find yourself answering a series of quick queries and it seems your doc isn't hearing the details, speak up. "You can say, 'Excuse me, Doc, I'd be happy to answer your questions, but I want to tell my entire story first,'" says Wen. "This helps take your doctor out of his routine, so he'll stop to listen." Another route to more personal care: Ask him what other diagnoses he's considering, says Vik Reddy, M.D., medical director of Quality & Clinical Integration at Henry Ford Macomb Hospital in the Detroit area.

Appeal to his emotions. "Plenty of doctors go into medicine because they're compassionate," says Wen. So give them details that will help them empathize with your situation. Rather than just saying that your back hurts, for instance, you could explain how upset you are that you can't pick up your little girl because of the pain, says cardiologist Stephen Sinatra, M.D., founder of the Heart MD Institute: "If I see that a patient is struggling, I'll sit with her and try to connect, no matter how behind I am."

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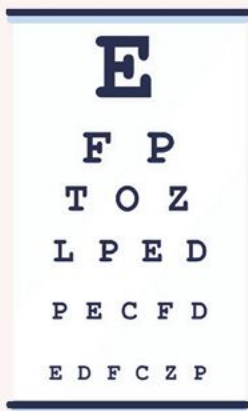
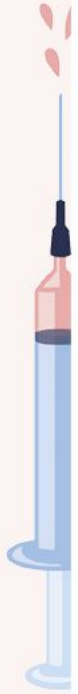
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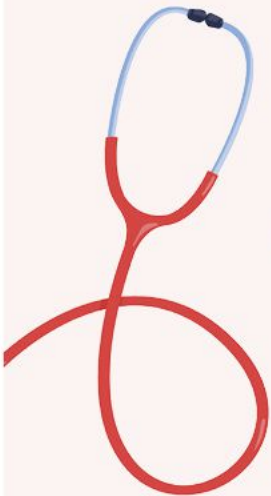
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Your Doctor-Visit Guide | SEPTEMBER 2015



CHECKLIST FOR YOUR NEXT CHECKUP

**Everything you
need to know, ask,
and do. Don't you
feel better already?**



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routine



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PRIMARY CARE PROVIDER

Name _____

Contact info _____

Date of current visit

/ /

Come back again by

/ /

Think of your primary care provider (PCP) as your medical command central: He keeps watch over the big-picture view of your health. Regular visits help him spot issues—such as a sudden jump in your blood pressure or persistent stomach trouble—before they have the chance to develop into serious problems.

When was the last time you saw your PCP? There's controversy about whether you need a yearly appointment, but experts agree that you should go enough to establish a relationship with someone. (If you have to look up his name, it's about time to get there again!) Talk with your doc about how often you need a check-in.



MY BIG QUESTIONS & MY DOC'S ADVICE

QUESTION #1

DOC'S ADVICE

QUESTION #2

DOC'S ADVICE

Always ask a health care professional about your specific medical needs.
This information is not individual medical advice and may not be appropriate for you.



more on your
PCP

3 GOOD QUESTIONS TO ASK



Are all of my immunizations up-to-date?

Research shows that many adults don't get the basic vaccines they should. Keep tabs on yours.

○ **Td booster.** Even if you received a Tdap vaccine (tetanus, diphtheria, and pertussis) as a child, you should still get a Td booster every 10 years as an adult.

GET THE NEXT ONE BY

/ /

○ **Pneumococcal vaccine.** Get it if you're over 65 or at risk for pneumonia and similar infections. That may include those who smoke or have asthma or diabetes.

GET THIS BY

/ /

○ **Shingles vaccine.**

Help protect yourself against this extremely painful rash from the virus that causes chicken pox, which can reactivate after being dormant for years. Recommended at age 60 and older.

GET THIS BY

/ /

EVERY YEAR

○ **Flu shot.** Ideally, get this year's vaccine by early October.

Do I need to schedule any screenings? Having every test in the book might not make you healthier and could lead to unnecessary treatments. But you should get the tests at right and, at age 50, start regular colon cancer screenings (often colonoscopies). Ask your doc and gyno when to schedule a mammogram or if you need a bone density test, says Wayne J. Riley, M.D., president of the American College of Physicians.



Are there any medications I can stop taking?

When you get a new Rx, ask your doctor if you should discontinue something else. The more drugs you're on, the higher the risk of interactions between them. Some supplements can interfere with meds, so make sure to mention everything you take.



DON'T FORGET!

Save yourself hours on hold: Before you leave, ask if your doc prefers you to email him or speak with a specific nurse.

7 NUMBERS TO GET FROM YOUR DOC

Sure, the doctor keeps track of your stats, but you should, too, says Reid Blackwelder, M.D., board chair of the American Academy of Family Physicians. The first step to getting any out-of-control numbers back in line is knowing what they are. This info will also be useful if you switch doctors or go to urgent care. Note them here.



HEIGHT + WEIGHT

▲ MY HEIGHT

Losing inches? You might need a bone density test to check for osteoporosis.

▲ MY WEIGHT

Have you gained or lost since last time? Discuss!

BLOOD PRESSURE

You can't feel it if it's high, so get tested.

▲ MY NUMBER

IDEAL Less than 120/80 mm Hg. (The first number refers to the pressure when the heart beats; the second is when it relaxes.)

BLOOD GLUCOSE

Repeat this blood test every three years starting at age 45, and more often if your numbers are high.

▲ MY NUMBER

IDEAL Less than 100 mg/dL (measured by a fasting blood sugar test). Even less might be smart: One study found that people whose blood sugar was normal, but above 85, had about twice the risk of diabetes.



SHARE YOUR URGENT CARE NEWS

If you've used a walk-in clinic, don't hide it from your doc. Make sure he gets a clinical summary—a roundup of what happened during your visit.

CHOLESTEROL

Get this blood test every five years if you're healthy and under age 65, and more often if you're older or your numbers aren't ideal.

▲ TOTAL CHOLESTEROL

IDEAL Less than 200 mg/dL.

▲ LDL CHOLESTEROL

IDEAL Less than 100 mg/dL. This is the "bad" kind that clogs your arteries.

▲ HDL CHOLESTEROL

IDEAL More than 60 mg/dL. High is good for this number because HDL helps sweep excess "bad" cholesterol from your blood that might otherwise gunk up your arteries.



GYNECOLOGIST

Name _____

Contact info _____

Date of current visit

/ /

Come back again by

/ /

Your gyno is more than a gateway to your birth control script: She watches for reproductive cancers and can answer embarrassing questions without batting an eye. Get a well-woman visit each year.



MY BIG QUESTIONS & MY DOC'S ADVICE

QUESTIONS

DOC'S ADVICE

2 GOOD QUESTIONS TO ASK

Do I need a Pap test? The guidelines have changed in the past few years, so don't think your doctor is slacking if she doesn't give you this test. Women between ages 30 and 65 should get a Pap plus an HPV test once every five years.

GET THE NEXT ONE BY

/ /

How often should I get a mammogram? With official guidelines at odds with one another, it's a confusing question. So what should you do? Work with your doc to find the best plan based on your body, your risks, and your family history.

GET THE NEXT ONE BY

/ /



DENTIST



Name _____

Contact info _____

Date of current visit

/ /

Come back again by

/ /

▲ **NEXT STEPS** Should you, say, switch brushes or floss differently?



Go for more than your smile's sake. Along with scraping off the tartar that helps bring on cavities, your dentist also looks for tooth decay and signs of gum disease and oral cancer.

DERMATOLOGIST



Name _____

Contact info _____

Date of current visit

/ /

Come back again by

/ /

▲ **SPOTS HE WANTS ME TO MONITOR**

Do you call your dermatologist only when there's trouble? Not good! Skin exams by dermatologists catch signs of skin cancer—the most common cancer in the U.S.—at earlier, more curable stages than when you find spots yourself. Visit at least every year.

EYE DOCTOR



Name _____

Contact info _____

Date of current visit

/ /

Come back again by

/ /

▲ **MY GLASSES/CONTACTS PRESCRIPTION**



Even if your vision is fine, don't skip this. Eye doctors screen for vision-robbing diseases including glaucoma and macular degeneration. A good guideline: Go every two years; more if you wear glasses/contacts or if your doctor recommends it.

Stay healthy

between doctor visits.

We all know we're supposed to exercise regularly and eat right ... but it's hard to get the vitamins, minerals, and essential nutrients we need. That's why Life Extension® nutritional supplements are made with the forms of nutrients best absorbed by your body and with ingredients validated by the latest clinical research ... so you stay healthy between doctor visits and get the most nutritional potency for your dollar!

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Discover what age has in store (it's not all bad, folks), and how to greet it a little more gracefully.

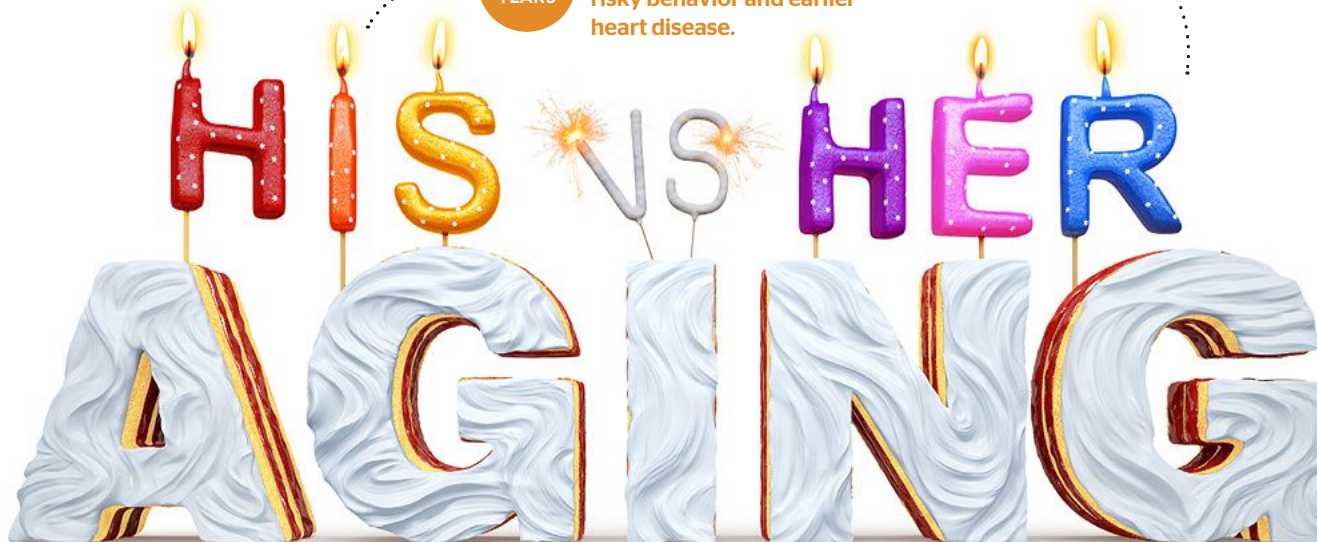
BY BRIAN ALEXANDER ILLUSTRATION BY MMJ STUDIO

81
YEARS

Women's average lifespan. We may be helped by disease-hindering genes.

76.2
YEARS

Men's average lifespan. It's shorter than ours due to risky behavior and earlier heart disease.



MEN

His hair appears to migrate over time. The hair on his head jumps ship if his follicles are sensitive to a hormone related to testosterone called DHT. Ironically, that same stuff is like fertilizer for ear, nose, and eyebrow hair. Yet guys (maybe even 35%) lose hair on their calves—weird, right?—possibly due to decades of friction from pants, says Cincinnati dermatologist Shani Gupta, M.D.

His brain would really like him to go to the gym! Men are more apt to suffer sputtering mental abilities before women do, likely because they develop cardiovascular disease earlier (reduced blood flow affects the brain, too). Working out can help stave off these diseases, and some evidence suggests that regular activity may help men get better at solving problems and making decisions.

His skin holds up better than ours does—at middle age, guys' faces are less prone to sagging than women's. It's that testosterone thing again: This hormone helps keep their skin thick, oil production high (less dryness = fewer lines), and the underlying fat layer plumped up. When wrinkles do arrive, they tend to hit men's foreheads first, partly due to years of sun exposure there. Sunscreen, guys—use it!

Additional source: Thomas Perls, M.D., director of the New England Centenarian study

WOMEN

Her hair has some good and bad tricks in store. Women's androgen hormones, including testosterone, decrease as we get older, and this (dammit) makes the hair on our heads thinner. Fortunately, there's a flip side: The same process also prunes body hair, making it finer and more widely scattered. Finally, less of our lives spent doing all that plucking, waxing, and shaving!

Her brain can land her the job of doing the taxes and maybe the driving. Older women tend to have better processing speed and memory than men of the same age. The not-so-great news? Alzheimer's disease prefers the fairer sex; almost two-thirds of people with it are female. Don't just stand by while he goes to the gym: Women's brains can benefit from regular exercise as well.

Her skin reveals the years faster. Due to the estrogen drop at menopause, women's skin tends to thin and produce less oil sooner. By age 70, though, men catch up in terms of wrinkles and dryness, says Wilma Bergfeld, M.D., a Cleveland Clinic dermatologist. Women's lines usually start with crow's-feet, which isn't so bad: They're a subtle sign that when you smile, you mean it—some studies show that people think women who have them are more authentic.

WHOA! WHY



WE FAINT

It's a mysterious response that strikes at the oddest, most embarrassing moments (spoiler alert: the altar might be one of the worst). Read these wild I-keeled-over stories, plus expert advice on staying upright.

A YouTube search for “fainting” returns tons of videos of people blacking out—athletes, choirboys, newscasters. It's hard not to giggle as you wonder: *Why does that happen?*

Scientists still have nerdy debates, but here's a leading theory: Vasovagal syncope—a common type of fainting—is like opossums' play-dead reflex (another hilarious search). For us, it happens when we feel threatened by things like needles or public speaking, says cardiac electrophysiologist Nicholas Tullo, M.D., director of the New Jersey Center for Fainting. “Some people's fight-or-flight response is fight, flight, or faint,” he says. We pass out to seem “dead” in scary situations.

Given how common it is, you'd think we'd all know the drill, and how to react when we feel a faint coming on, but many of us do exactly the wrong thing. Turn the page for swoon confessions and answers. Laughing is allowed.

BY GINNY GRAVES

ILLUSTRATIONS BY JULIEN PACAUD



GOING... GOING... NOT GONE

Woozy? These tips could help you stay conscious.

Lie down and put your feet up. It sends blood to the head fast. Or, if you can't get horizontal...

Cross your legs and tense your muscles. Contracting your quads and calves can boost blood pressure.

Hydrate and eat a salty snack. Salt and fluid will counter dehydration.

Don't sit with your head between your knees. It keeps blood in your legs—plus, you don't want to clonk over headfirst. Sit normally until you can lie down.

“You’ll Never Guess Where I Fainted”

If you still want to die of shame whenever you recall *your* passing-out experience, remember when then President George H.W. Bush slumped onto the lap of the prime minister of Japan at a 1992 state dinner. After vomiting. And it was all caught on camera. Or simply read a few of these tales, because misery loves company.

In midair

“During a five-hour flight from L.A. to New York, I woke up and had to pee—like, *now*. I felt light-headed, but bolted toward the bathroom 30 rows back, hoping I’d make it. The next thing I knew, two flight attendants were carrying me to the back of the plane, my body slung between them hammock-style. Everyone was trying to get a look, so I pretended I was unconscious until the attendants gave me an oxygen mask. I felt better quickly and slunk back to my seat amid craning necks. That airline now has a record on me: I’m a passenger who faints.” —*Samantha Slaven-Bick, 44, Los Angeles*

The M.D.’s take It’s easy to get dehydrated on a flight, says Tullo, which can result in low blood volume, meaning less oxygen is being delivered to your brain. You’re also sitting in one place for hours, so blood pools in your lower body (more on this on the next page).

A Sign of Something More Serious?

About 25% of fainting episodes are related to heart rhythm problems. Blockages in heart arteries can also temporarily disrupt blood flow to the brain and cause fainting. “A red flag is fainting during exercise,” says cardiologist Stewart. So anytime you faint—even if it’s a single episode—get checked out by an M.D. Your regular doctor is fine, though if it’s a recurring thing, she’ll probably send you to a specialist who can do an electrocardiogram to check for a heart muscle problem and an echocardiogram to detect potential underlying heart disease, says Tullo.



Wedding-day jitters + mimosa for breakfast = bride down.

At the altar

“It was 83 degrees on my wedding day, which took place outdoors at a winery. All I’d had to drink was coffee and a mimosa. By the time the minister was 20 minutes in, sweat was trickling down my back and I worried that it was staining my satin dress. I’m prone to fainting and had a feeling I might go down, so I tried to make eye contact with someone. Nobody was getting it, and I was too embarrassed to interrupt

the minister. Suddenly, I fell over backward. In a gallant move, my husband managed to grab me and lay me on the grass. When we resumed the ceremony, my husband and I sat on folding chairs, and my bridesmaids kept handing me water. All this made for pretty hilarious pictures!” —*Ailee Petrovic, 27, Houston*
The M.D.’s take When you stand still, the parasympathetic, or relaxing, branch of your nervous system takes over, which causes your blood vessels to expand and blood to collect in your legs instead of pumping to your brain, says Julian Stewart, M.D., Ph.D., director of the Center for Hypotension at New York Medical College. In Petrovic’s case, anxiety and dehydration—which also deprives the brain of oxygen—probably exacerbated things.

On her boss!

“I was standing up during a meeting in a small, hot, crowded room because I’d arrived late and all the chairs were taken. When the company president got there, he stood next to me, which meant everyone was looking in my direction. I’m shy, so I stood very still. Thirty seconds into his speech, I started

seeing dots in front of my eyes and everything went black. I fell into the president, then slumped onto a chair that caught my fall. When I opened my eyes, I started apologizing, and I'm sure I was blushing like a maniac. Luckily, a sales manager helped me from the room. Turns out I'm slightly anemic, which probably didn't help." —Dale Janée, 31, San Francisco

The M.D.'s take Extreme nervousness can be a common cause of fainting, so if you're an anxious type, you're more at risk of conking out. Anemia—which is basically when you don't have enough healthy red blood cells to carry adequate oxygen to your tissues—can also play a role, says Mary Ann Bauman, M.D., an internist and the medical director of women's health at Integris Health in Oklahoma City. "When you're anemic, it's harder for your blood to deliver oxygen to the brain," she explains.

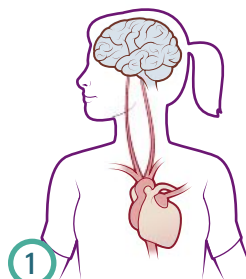
At a Botox appointment

"For Christmas, my sister and I decided to give ourselves the gift of Botox. We laughed with the doctor about our shared history of fainting from needles—she was looking at us like we were off our rockers—but I let vanity get the best of me and convinced myself I could handle it this time. After watching my sister's first injection, I started feeling light-headed and short of breath. When the doctor began working on me, it wasn't long before I started seeing stars and my vision went dark. I came to, nauseous and sweating bullets—not to mention mortified. I got out of there as fast as I could, and for the next few months I could only raise one eyebrow!" —Heidi Hutchison, 50, San Diego

The M.D.'s take It's not surprising that both Hutchison and her sister are prone to blacking out, since researchers have uncovered a genetic component to fainting. Plus, a study shows that 75% of people who have a phobia of blood or needles pass out instead of just experiencing, say, a racing heart—that's because of a processing glitch in the brain, explains Tullo.

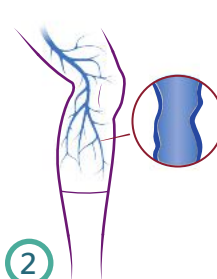
ONE MINUTE YOU'RE UP, THE NEXT YOU'RE DOWN

What's happening in your body when you faint



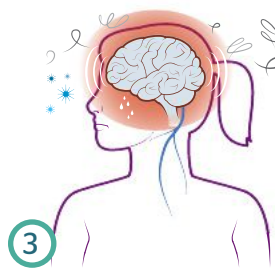
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Most faints start when your brain misinterprets signals from the vagus nerve (the messenger for your parasympathetic nervous system, running from your brain to your heart and other organs). Instead of boosting blood flow and energy to help you deal with stress, your brain tells your heart rate to slow and blood vessels to dilate.



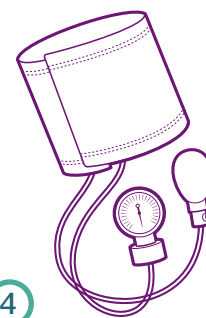
2

With the vessels in your legs open and the heart pumping sluggishly, blood pools in your lower body, causing a sudden drop in blood pressure—too low to pump blood all the way up to your faraway brain.



3

Your oxygen-starved brain starts sending SOS signals, and you experience the classic *uh-oh* signs of a brain in distress: You turn pale, become dizzy, break out in a sweat, and see spots in front of your eyes; your hearing also becomes muffled. You may feel nauseated—the result of the vagus nerve slowing activity in your gut.



4

Unlike the muscles and liver, the brain doesn't store energy, so even a three-second interruption in blood flow can make your brain temporarily shut down. Some fainters may also twitch a little while they're out because of the sudden drop in blood pressure, says Tullo. It's not a true seizure (or dangerous), but it's often enough to scare onlookers into calling 911.



5

Here's the brilliant thing about fainting: Once you're horizontal, it's much easier for your heart to pump blood to your head, because your heart is not working against gravity—and voilà, you revive on your own, without medical intervention. "Fainting is the body's way of restoring blood flow to the brain and ultimately saving your life," says Tullo. It might be humiliating, but you gotta admit it's pretty ingenious. ■

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Jennifer Lopez for L'Oréal Paris

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- 1 WEAK
- 2 DRY
- 3 DULL
- 4 ROUGH
- 5 SPLIT ENDS

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L'ORÉAL
PARIS

September

TRUE BEAUTY

OZ NEWS

5 THINGS WE JUST LEARNED

Turn for 4 More



1

Radiant Skin in Seconds

The new perfecting creams start off whitish, but as you rub them in, tiny color spheres burst and adjust to *your* skin tone—blurring small imperfections with just a little blending. Our fair tester loved the warm glow it gave her, while our dark-skinned tester said it evened out her skin beautifully. One shade truly fits all, fabulously.



OUR PICKS

L'Oréal Youth Code Skin Illuminator All-in-1 Moisturizer (\$18, drugstores), Perricone MD Face Finishing Moisturizer Tint SPF 30 (\$69, Sephora)

Healthy Hacks for Your Skin & Hair

2

makeup smarts

ORGANIZE YOUR STASH

It doesn't matter how much deep breathing you do: Dig around in the bottom of your purse for that lipstick long enough and you'll want to curse. That's why we love the **Dollop Beauty Clutch** (\$52, dollupbeauty.com). Designed by a makeup artist, it has a magnetized panel on one side for pans of eyeshadow, blush, or foundation and elastic straps on the other to secure mascara, lip gloss, and pencils.



Pop the tins right out of your compacts and stick 'em here.

A nice-size mirror makes touch-ups way easier.

3

Try This for Brighter Eyes

Instead of black mascara, put a coat of deep navy or royal blue on your top lashes, says Los Angeles-based makeup artist Coleen Campbell-Olwell. "Blue pigment can cancel out any yellowness, making the whites of your eyes really pop," she says. And it's so subtle that no one will really notice the color.



► If your lashes are light, try a deeper blue like **Almay Intense i-Color Volumizing Mascara in Sapphire** (\$8, drugstores).



► If your lashes are dark, a brighter blue will work, like **Hard Candy Ginormous Lash Volumizing Mascara in Electric Blue** (\$6, Walmart).

4

Book Appointments in a Flash Your mani is chipping and your go-to salon is all booked up? Try **StyleSeat**. This free, GPS-powered app lets you schedule beauty appointments (haircuts, manicures, etc.) at nearby locations on your smartphone—and shows you which ones make house calls. Yes: *house calls*. Hallelujah.



5

one product, three ways

AMAZING OINTMENT

It works wonders on scaly skin and chapped lips, but Aquaphor is also the ultimate multitasker. A few more jobs this salve will be happy to do:



MASSAGE a dab onto dry cuticles to soften and condition.

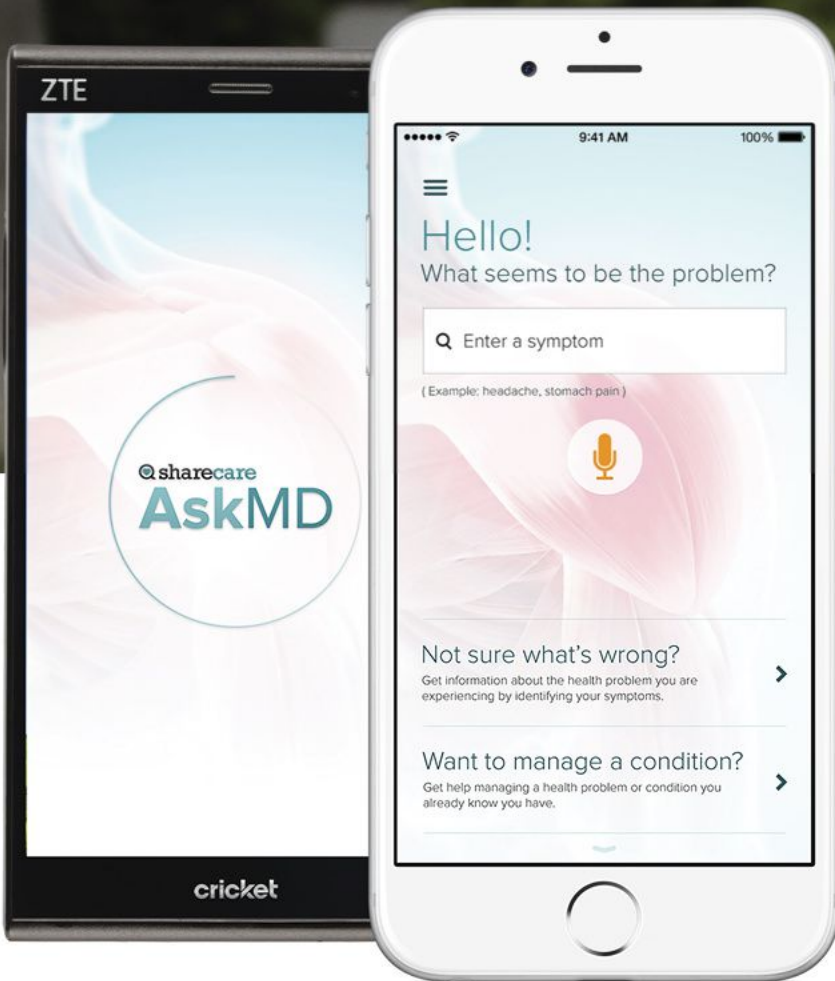


TAP a tiny bit over cracked lipstick to smooth and hydrate without smearing.



PULL through lashes for a shiny, separated look sans mascara.

Get from “what’s wrong?” to what you can do about it.



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What's in Your... EYE CREAM?

The best ones should plump, protect, and pretty up this delicate area. Learn to pick a cutting-edge product that can handle the challenge.

BY HANNAH HICKOK PHOTOGRAPHED BY KENJI TOMA



Gently pat a pea-size dollop under your eyes, over crow's-feet, and around your brow bone.

DID YOU KNOW...

The skin around your eyes is extra fragile because there's less fat padding it from underneath. Think of that area as being as thin as a sheet of printer paper (and the rest of your skin as more like thick card stock), and don't rub so hard!

LOOK FOR TRUSTED WRINKLE FIGHTERS

Your eye area is prone to lines from squinting, smiling, and the beating sun, so you need a cream that fights wrinkles. **Retinol** comes from vitamin A and amps up collagen, the protein that keeps skin taut. Many creams contain about 0.1% retinol, but if your skin is sensitive, start with a milder form, like retinyl ester or retinyl propionate. In addition, **vitamin C** and **peptides** smooth lines and boost collagen production.

YOU ALSO NEED...

...hydration heroes, since your eye zone has fewer oil glands than the rest of your face. Check for **hyaluronic acid**, **glycerin**, or **alpha hydroxy acids** (like glycolic acid or citric acid). If "acids" sounds scary, relax: At low levels, alpha hydroxy acids gently break down bonds between skin cells to let moisturizing ingredients sink in.

Pro Tip

Mix concealer with eye cream for coverage that won't crease, says makeup artist Lisa Potter-Dixon, author of the new book *Easy on the Eyes*.

TO DEPUFF AND BRIGHTEN

- **Got bags?** Fight swelling with these anti-inflammatories: vitamin B3, vitamin K (often listed as phytonadione), licorice root (listed as *Glycyrrhiza glabra*), and cucumber (*Cucumis sativus*).
- **Dealing with dark circles?** Ingredients that constrict blood vessels help lighten shadows. Caffeine brightens for a few hours, and niacinamide, a form of vitamin B3, has even longer-lasting benefits.

PROP STYLING BY ARIANA SALVATO AT APOSTROPHE. SOURCES: MARNIE B. NUSSBAUM, M.D., CHIEF MEDICAL SPOKESPERSON, SEBAMED USA; MARY P. LUPO, M.D., CLINICAL PROFESSOR OF DERMATOLOGY, TULANE UNIVERSITY SCHOOL OF MEDICINE; JOSHUA ZEICHNER, M.D., ASSISTANT PROFESSOR IN THE DERMATOLOGY DEPARTMENT, THE MOUNT SINAI HOSPITAL; KAVITA MARIWALLA, M.D., ASSISTANT CLINICAL PROFESSOR IN THE DERMATOLOGY DEPARTMENT, STONY BROOK UNIVERSITY; APRIL ARMSTRONG, M.D., M.P.H., ASSOCIATE PROFESSOR OF DERMATOLOGY, UNIVERSITY OF COLORADO DENVER; JAN MARINI, FOUNDER AND CEO OF JAN MARINI SKIN RESEARCH

TAKE
A LOOK
INSIDE



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Ingredient Index

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SunChips.com



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SEND YOUR HAIR TO REHAB

Summer and winter can literally weather your hair, leaving it dry, stressed, and rebellious. Now is the perfect time to nurse it back to health. With our repair tips, thicker, shinier hair is just a month away.

BY NINA JUDAR PHOTOGRAPHED BY ARI MICHELSON STILL LIFE BY JOYCE LEE



Don't fear
the scissors!
For healthier
hair, you need
regular trims.

1 OK, it's time to deal with those ends

Noticing lots of frayed tips? That's you and every other woman who clocked a lot of time outdoors this summer. "Sun, surf, and pool water can dry out your hair, making it more prone to breakage," says Garnier stylist Tommy Buckett. Those split ends are kind of like a pair of panty hose with a run—if you don't do something soon, things will only get worse. Snipping off an inch or so will stop the splitting in its tracks, Buckett says. And while there's no special serum or conditioner that will magically glue strands back together permanently, a temporary fix like **Nexus New York Salon Care ProMend Split End Binding Leave-In Creme** will act like a patch job until you can get to the salon. Apply to wet or dry ends and style.

After your trim, keep those new ends moisturized and nourished—this is the oldest part of your hair, remember—with an easy DIY treatment from Head & Shoulders stylist Sunnie Brook Jones. Add about a teaspoon of coconut oil (two if you have very thick or coarse hair) to a fine-mist spray bottle, fill it to the top with warm water, and spritz the mixture onto damp ends before styling. Store at room temperature for up to two weeks and give it a shake before using each time.

2 Do a suds swap

Ditch your usual shampoo and switch to one designed for dry, damaged hair or chemically treated strands—even if your hair is neither. "These shampoos usually don't contain harsh detergents, so they won't strip away precious natural moisture," says Michelle Galant, M.D., a clinical assistant professor of dermatology at Stanford University School of Medicine. We like **Redken Extreme Shampoo**. And don't forget to use a weekly mask to restore hydration and bounce. **Phyto Phytokeratine Extreme Exceptional Mask** nourishes strands with plant keratin.

After age
40, when grays
pop up and hair is
drier, you may need
a gentler shampoo
year-round.

3 Tap the benefits of bangs

While your stylist is snipping away at those scraggly ends, you might want to ask her to cut some bangs, too—they're the simplest way to update your look without a drastic style change or potentially damaging color revamp. "A lot of women avoid them in the summer because they get frizzy easily," says Buckett. "But come September, bangs are one of my top requests." The key is to skip the unflattering blunt look: Ask your stylist for wispy, layered bangs. Instead of being cut straight across, the length is varied throughout for a face-flattering, piecey effect. "They look soft and will work on most hair types," Buckett says.



Stop static before it starts

Got flyaways? ◀

Blame the dropping humidity and drier air of fall. A product with positively charged ingredients neutralizes the negative charge that causes static.

Try **R+Co Foil Frizz + Static Control Spray**.

5 Treat dry scalp with kid gloves

When the weather shifts, it can look as if a snow globe just exploded on your shoulders. “Scaly patches of dry skin on your scalp, called seborrheic dermatitis, are a likely cause of dandruff and tend to flare in colder temperatures,” explains Galant. The problem: Dandruff shampoos are usually chock-full of ingredients that cleanse the scalp but can dry out your hair. Galant’s suggestion: “Apply the shampoo to your roots so treatment ingredients can reach the scalp, and let it sit there for five or 10 minutes before quickly rinsing it through the rest of your hair.” Once you’re flake-free, use the shampoo just once a week—we like **Mineral Fusion Anti-Dandruff Shampoo**—and alternate it with a gentler formula the rest of the time.

4 Don’t stress about shedding

You may notice you’re losing more hair than usual right now, but try not to panic. “For some people, the number of hair follicles in the resting phase peaks over the summer,” says Anthony Rossi, M.D., an assistant professor of dermatology at Weill Cornell Medical College. But the small amount of hair that’s usually lost should regrow naturally over the next three months. To help your strands look their fullest, start in the shower. Use a clarifying shampoo once a week to nix the buildup of calcium and magnesium in hard water, which can turn hair brittle and weigh it down, Rossi advises. One that will clean the gunk out without stripping: **Pureology Purify Shampoo**.

Hot flatirons and curlers can do a number on hair. Keep the temp low and use protecting products.

6 Dial down the heat damage

Buckett notices that many of his clients take a break from hot tools in summer—something about using a piping hot flatiron when it’s 90 degrees just doesn’t appeal. If you’ve pulled those tools back out of the drawer, it’s important to use a heat-protecting product to keep them from frying your hair. Problem is, the silicones that stop the scorching can weigh down hair. That’s why Buckett recommends this trick: Use a product like **Macadamia Professional Foaming Volumizer** on your roots to get a little lift, and reserve the heat protector for midshaft and down, where you’re probably straightening or curling the most. One to try: **Living Proof Blowout Styling & Finishing Spray**.

7 Color with care

Want highlights without the harsh bleach? Use hair that’s been lightened by the summer sun to your advantage. “Ask your colorist to touch up your roots to cover any grays, then have her comb that color through some of your hair, creating lowlights that contrast with sun-kissed strands,” says colorist Zoe Wiepert of New York’s Bumble and Bumble salon. “Your natural highlights will stand out—no nasty peroxide needed.”

And since shiny hair equals healthy-looking hair, you’ll also want to ask your colorist for an in-salon gloss treatment, which should last for about four weeks, says Wiepert. Or use an at-home version like **Rita Hazan Ultimate Shine Clear Gloss**. Apply it in the shower after shampooing, wait for three minutes, and rinse it out. Its silk proteins and amino acids will give a subtle sheen to your hair.



1. Nexxus New York Salon Care ProMend Split End Binding Leave-In Creme (\$18, drugstores) 2. R+Co Foil Frizz + Static Control Spray (\$27, Neiman Marcus) 3. Pureology Purify Shampoo (\$28, ulta.com) 4. Living Proof Blowout Styling & Finishing Spray (\$24, Sephora) 5. Macadamia Professional Foaming Volumizer (\$25, Ulta) 6. Mineral Fusion Anti-Dandruff Shampoo (\$10, Whole Foods) 7. Redken Extreme Shampoo (\$15.50, salons) 8. Phyto Phytokeratine Extreme Exceptional Mask (\$59, Sephora) 9. Rita Hazan Ultimate Shine Clear Gloss (\$26, Sephora)



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YOUR FAVORITE PRODUCTS JUST GOT BETTER!

Updates and high-tech tweaks have transformed nine beauty staples into these next-gen essentials.

BY ERICA METZGER

PHOTOGRAPHED BY CHRISTOPHER COPPOLA

◀ Mascara, Made Over

Maybelline gave its famous pink-and-green tube an eco-conscious refurb. The latest is chock-full of natural ingredients like shea butter and candelilla wax. What hasn't changed? Its unrivaled ability to curl, condition, and thicken your fringe. *Maybelline New York Great Lash Real Impact!* (\$6, drugstores)

It comes in three shades—black, ultradark black, and a deep brown.



Faster, Neater Tanner ▶

Gradual self-tanners are great, but you have to stand around (naked, not touching anything) until the lotion dries. That's why we love St. Tropez's update: Apply it in the shower and rinse it away after only three minutes. Pat dry and a natural-looking, streak-free tan slowly develops. *St. Tropez Gradual Tan In Shower Lotion* (\$25, ulta.com)



▲ Pore Strips 2.0

There's always been something strangely satisfying about slapping one of Bioré's strips onto your nose, peeling it off, and seeing the gunk come out of your pores. The company's newest version contains oil-absorbing charcoal, astringent witch hazel, and skin-calming tea-tree oil for a more soothing, but still effective, deep cleaning.

Bioré Deep Cleansing Charcoal Pore Strips (\$6.50, drugstores)



▲ Better with Age

Anew was one of the first mass-market creams to feature alpha hydroxy acids—now a smoothing and brightening staple. It's been upgraded with yanang extract, a Southeast Asian ingredient that may improve skin's texture and tone. *Avon Anew Ultimate Multi-Performance Day Cream* (\$38, avon.com)

Extra-Calming Cream ▶

Need help soothing your red, blotchy skin? This cult-favorite serum is now made with three new mushrooms that have anti-irritant and antioxidant benefits. Plus, organic sea buckthorn berry extract, with 22 essential fatty acids, nourishes. *Dr. Andrew Weil for Origins Mega-Mushroom Skin Relief Advanced Face Serum* (\$71, origins.com)



SPF with Staying Power ▼

Sunscreen usually breaks down when it gets wet, so Shiseido's rethink is pretty savvy. While you're swimming or sweating, the formula uses the minerals found in water to create a stronger protective shield and enhance its H₂O resistance. *Shiseido Ultimate Sun Protection Cream SPF 50+ WetForce* (\$36, shiseido.com)



◀ Johnson's, Even Gentler

This not-just-for-babies pick now features a generous dose of glycerin to keep hair soft. Also, props to Johnson's for eliminating heavy-duty antibacterials and preservatives. And breathe easy (and deeply): The familiar scent is now hypoallergenic. *Johnson's Baby Shampoo* (\$3, drugstores)

You can use this supermild formula to remove eye makeup.



▼ Futuristic Foundation

There was lots of love for Make Up For Ever's original HD foundation. The newest kicks its skin-perfecting powers up a notch, with ingredients that do more to blur lines and boost moisture. *Make Up For Ever Ultra HD Liquid Foundation* (\$43, Sephora)



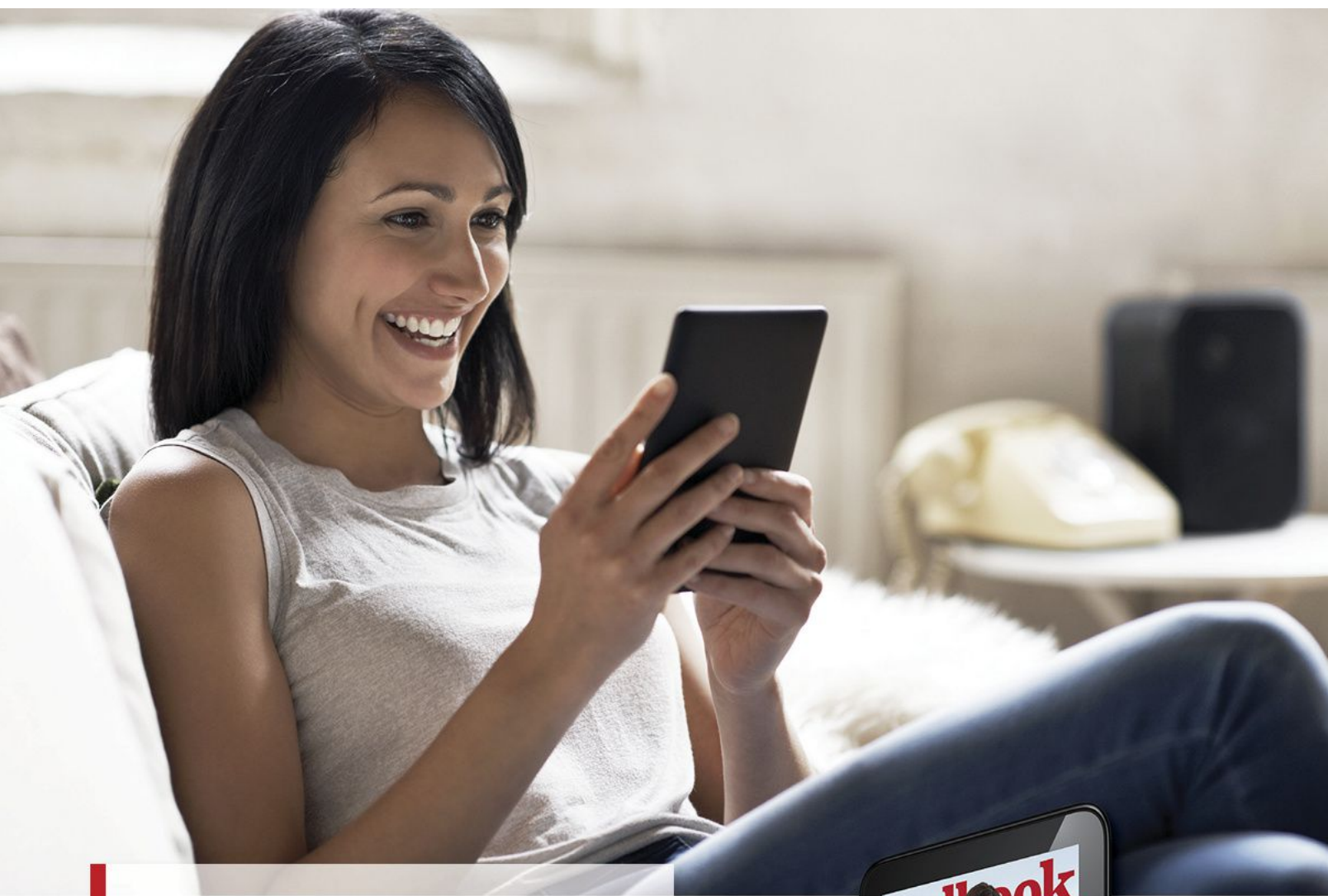
▲ Look-Younger Powerhouse

Thanks to great ingredient additions, including sunscreens, light-reflecting particles, a wrinkle-fighting retinoid, and a cocktail of powerful plant antioxidants, the new formula is now the total antiaging package. *Philosophy Ultimate Miracle Worker Multi-Rejuvenating Cream Broad Spectrum SPF 30* (\$75, philosophy.com)



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NATURE-MADE SCENTS, TO GO

Solid perfumes date back to ancient Egypt but feel totally modern. These portable pretties—often a mix of plant waxes and essential oils—melt into skin and release a subtle scent. Dab one on your wrists and behind your ears and knees. Then stash it in your purse and conquer the world.

BY SARAH WEIR PHOTOGRAPHED BY DANNY KIM

1. Warm and earthy
Earth Tu Face Botanical
Perfume-Jasmine Balm
(\$78, earthtuface.com)

2. An herbal floral
Earth Tu Face Botanical
Perfume-Geranium +
Vetiver (\$78, earthtuface
.com)

3. Zingy citrus Lush
Cosmetics Sun Solid
Perfume (\$10, lushusa
.com)

4. Woody and minty
Lush Cosmetics Dirty
Solid Perfume (\$11,
lushusa.com)

1

2

8

10

3

4

5. Bright and uplifting
True Nature Botanicals
Noble Citrus (\$95,
tnbotanicals.com)

**6. Strong jasmine
notes** True Nature
Botanicals Noble Floral
(\$95, tnbotanicals.com)

7. Powdery rose
L'Occitane Arlésienne
Solid Perfume (\$12,
usa.loccitane.com)

9

8. Sweet and citrusy
Pacifica Lotus Garden
Solid Perfume (\$9,
pacificabeauty.com)

9. Like fruity candy
Pacifica Tuscan Blood
Orange Solid Perfume
(\$9, pacificabeauty.com)

10. Fresh-cut flowers
Diptyque Jasmin
Essences Insensées
Solid Perfume (\$60,
nordstrom.com)

11. Garden of peonies
Elizabeth and James
Nirvana White Solid
Perfume Compact (\$48,
sephora.com)

12. Woody vanilla
Elizabeth and James
Nirvana Black Solid
Perfume Compact
(\$48, sephora.com)

5

6

7

12

11



1½
min

Brows

3
min

Eyes

30
sec

Lips

it only takes...
5 minutes!

On busy mornings, it can come down to a choice between makeup or make breakfast. Not anymore. These women were transformed by Lancôme genius Sandy Linter faster than it takes to whip up a green juice.

BY SARAH WEIR PHOTOGRAPHED BY GARY LUPTON

Linter gave **SARA, 29**, a bold coral lip that brightened her complexion and used just liner (no mascara here, folks) to make her eyes pop.

Get this look

Brows Defined eyebrows frame the face. Use a brow pencil to draw wispy strokes in the direction of hair growth. **Eyes** When there's not a second to spare, skip mascara and simply dot gel eyeliner onto your top lash lines with a brush. Blend, and smudge it up at the outer corners to get a little lift. **Lips** If you have no time to use liner, a swipe of a richly pigmented balm adds color—and won't feather the way a lipstick can.

THE TOOLS

1. Lancôme Shine Lover in Corail Lover (\$25, lancome-usa.com)
2. Marc Jacobs Brow Wow Defining Longwear Pencil in Taupe (\$25, Sephora)
3. E.L.F. Studio Cream Eyeliner in Black (\$3, Target)





Warm-toned concealer helped TERESA, 27, hide dark circles. A wash of gold shadow added sparkle.

Get this look

Skin Young skin doesn't need tons of foundation. Just pat a peachy concealer under your eyes, around your nose, and over dark spots, and blend. **Eyes** Line top lids with black eyeliner. Swipe metallic shadow over the lids up to the crease. A curling mascara opens your eyes in less time than it would take to curl them. **Lips** Dab on your basic pink gloss for lip-plumping shine.

2½
min

Skin

2
min

Eyes

30
sec

Lips



THE TOOLS

1. Milani Fierce Foil Eyeshine in Florence (\$10, CVS) **2.** Benefit Roller Lash Mascara (\$24, Sephora) **3.** NYX Cosmetics Dark Circle Concealer in Light (\$4, Ulta)



MARIA, 42, has striking eyes, so Linter used liner to play them up. A little bronzer, nude lipstick, and wow.

1
min
Cheeks

3½
min
Eyes

30
sec
Lips

Get this look

Eyes The done-in-a-flash smoky eye: Line top lashes with black pencil. Repeat below the eyes, flicking the pencil up at the ends to connect both lines. Smudge a taupe shadow onto the outer corners. Finish with mascara. **Cheeks** Swirl bronzer onto the apples to add warmth, blending back to your ears. **Lips** With a bold eye you need a touch of color, or you'll look bare from the nose down. Pinky-nude lipstick balances nicely.

THE TOOLS

1. Lancôme Drama Liqui-Pencil in Noir (\$30, lancome-usa.com) 2. Too Faced Milk Chocolate Soleil Bronzer (\$30, Sephora) 3. Essence Longlasting Lipstick in Porcelain Doll (\$3, Ulta)





On LISA, 41, a peach cheek and matching lip lit up her skin and gave her instant polish, says Linter.

Get this look

Brows Fill in sparse areas with a precision-tip brow pen. **Eyes** A few pats of under-eye concealer mask discoloration, and a coat of mascara on the top lashes brings out eyes. **Cheeks** Swipe a peach or coral blush onto the cheekbones to highlight and add definition. Bonus: This will also neutralize any sallowness in your skin. **Lips** Add a coat of coral pink with lipstick or a lip marker.

1 min

Brows

2½ min

Eyes

1 min

Cheeks

30 sec

Lips



THE TOOLS

1. Yves Saint Laurent Blush Volupté in Rebelle (\$47, yslbeautyus.com) **2.** Butter London Lippy Bloody Brilliant Lip Crayon in Trout Pout (\$20, Ulta) **3.** Lancôme Sourcils Tint in Noir (\$26, lancome-usa.com)



A quick wash of shadow and liner made **AERHEE, 50**, look bright-eyed. Lip liner pumped up fullness.

1
min
Skin

3
min
Eyes

1
min
Lips

Get this look

Skin Pat on a blendable BB cream or use a cushion compact to even out skin in a hurry. **Eyes** With black liner, trace a thick line along top lashes, extending just beyond the outer corners and angling up slightly. Dot liner onto the outer half of your bottom lash lines, and smudge brown shadow onto the outer edges of lids. **Lips** Trace just outside your lip line with nude liner for added fullness. Swipe on pink gloss.

THE TOOLS

1. Lancôme Miracle Cushion in 320/Bisque (\$46.50, lancome-usa.com)
2. Guerlain Ecrin 1 Couleur in Brownie & Clyde (\$34, saks.com)
3. Revlon ColorStay Lip Liner in Blush (\$8, drugstores)



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GOOD EATING

OZ NEWS

5 THINGS WE JUST LEARNED

1

Healthy Can Be Easy

You don't need us to tell you home cooking is good for you. (Exception: if your deep fryer is getting a lot of love. Get that thing outta there!) Step up your kitchen game with these brilliant tricks from top chefs.

the citrus fix

"If you're watching your sodium intake, try swapping out salt for a squeeze of citrus juice. It has a similar acidity."

—Ivy Stark, executive chef at New York's Dos Caminos restaurants

the green saver

"To always have fresh-tasting green veggies on hand, blanch them by popping them into boiling water until they turn bright green, dry them, and freeze them. Blanching locks in flavor."

—Kate Jacoby, co-owner of Philadelphia restaurant Vegde

the beef boost

Slash cal in your burgers by mixing finely chopped mushrooms into the ground meat. "It adds a great umami flavor and nutrients. Win-win."

—Stephen Yen, executive chef at the Ainsworth in New York

Turn for 4 More



Healthy Hacks for Your Kitchen

2

one food, three ways

BROWN RICE DOES IT ALL

When it comes to smart pantry staples, it's hard to beat nutrient-packed brown rice. Make a big batch of it at the start of the week and you've got a versatile meal base to play around with. That's what chef Alice Waters does at home. In her new cookbook, *My Pantry*, she names a few of her favorite uses for this supergrain.

START
WITH
COOKED
RICE



SAUTÉ it with shredded chicken, toasted walnuts, and greens.

OR



FRY it up in olive oil, add chopped herbs, and serve with a fried egg.

OR



ADD a scoop to oatmeal with raisins (it's like breakfast rice pudding!).

3

Zap Germs

It cooks and cleans? Nope, not Prince Charming—your microwave. “The heat it generates can actually kill germs,” says Kelly Reynolds, Ph.D., a microbiologist and director of the Mel and Enid Zuckerman College of Public Health. Try it on these germ magnets. (Just keep an eye out—you don't want to *melt* 'em clean.)



► **Sponge and kitchen towel** **Moisten completely; wring out. Heat for 2 min on full power.**

► **Toothbrush** **Place in cup of water (just enough to cover bristles). Heat for 5 min on high.**

► **Wooden cutting board** **Soak in water for a few min, until the water is absorbed and the surface looks wet. Heat for 4 min on high.**

4

Smart Sips for Busy Days The restorative power of snack time: It's worked wonders since nursery school.

Too slammed to pause? A bottled pick-me-up will do, and a Tigernut Horchata has filling fiber, thanks to up-and-coming tiger nuts (a type of root veggie). Try the green juice and coffee flavors. (\$9 each, organicgemini.com)

DRY
No soggy sandwich here.



WET
Store liquids in the no-slosh zone.

5

storage solution

STACK ATTACK

A multipurpose container for your lunch that abso-tively, pos-it-ute-ly won't leak? Yes, finally—that's why we're geeking out over OXO's new On-the-Go Lunch (shown) and Salad containers. Thanks to an airtight gasket seal, these are so leakproof that you can store soup in the bottom and a sandwich on top without fear. (Really—our testers showed no mercy.) Top that, Jetsons. (\$15–\$18, oxo.com)

HE FIGHTS DIRTY *no matter how dirty* DIRTY IS.

NO MATTER WHERE THEY ARE, TOUGH MESSES DON'T STAND A CHANCE
WHEN MR. CLEAN'S MAGIC ERASER IS PART OF YOUR CLEAN ROUTINE.



WHEN IT COMES
TO CLEAN THERE'S
ONLY ONE **Mr.**

Wet before use. A rinse is required for surfaces that come in direct contact with food. Use as directed.

OZ PICKS

When I'm building a salad, I go for veggies in a rainbow of colors to get a wide range of nutrients.

Eat Like Dr. Oz at a... SALAD BAR

Eating a salad a day is one of the best ways to work vegetables into your diet. But a few bad toppings take it from health food to stealth splurge faster than you can say "ranch dressing." For a meal you can really pat yourself on the back about, follow my formula next time you hit the bar.

BRIGHT VEGGIES

TOMATOES

I love that red tomatoes have lots of lycopene, which might lower the risk of heart disease and some forms of cancer.

CARROTS

There's a group of disease fighters called carotenoids, and if the name hasn't already tipped you off, carrots are full of 'em. (So are orange peppers.)

RED ONIONS

Always a smart add, with plenty of flavor and almost no calories.

YELLOW PEPPERS

These are antioxidant powerhouses. That's true of some other yellow and yellow-orange produce, too.

TOPPINGS

OLIVES

Olives are loaded with healthy fats, and it only takes a few to pack your bowl with flavor.

WALNUTS

I add crunch to my salad with nuts and seeds. Walnuts are one of my favorites—they're full of heart-healthy omega-3s.

PROTEIN

It's key for a satisfying salad: eggs are my pick. New science says that pairing raw vegetables with cooked eggs may help us absorb more of the veggies' nutrients. Other good protein picks: chickpeas, beans, and grilled chicken.





THE BASE

SPINACH-AND-KALE MIX

So many nutrients, for next to no calories! If you're still waffling between a sandwich and a salad for lunch, chew on this: It would take *61 cups of kale* to equal the calories in one chain's turkey-and-cheese sandwich with mayo, and a whopping *69 cups of spinach* to hit that mark. I always go for the darkest greens available because they tend to have the most antioxidants.

REDCABBAGE

"Leafy purples" doesn't have quite the same ring to it as "leafy greens," but don't hold that against red cabbage.

The veggie's purple tint comes from heart-healthy compounds.

AVOID!

Goopy dressing

A creamy one can have more than *double* the calories of a vinaigrette. Skip it, or make it your only salad splurge.

Oil-y vegetables

Grilled and marinated veggies can sneak in fatty calories. If you opt for them, use less dressing.

Bacon bits Whether you go for the real or imitation kind, the salt can get pretty crazy. Ditto for crispy onions.

Cheese Sprinkle

with care: Many cheeses pack in about 100 cals in a tiny $\frac{1}{4}$ cup. (And feta, my personal favorite, is high in sodium to boot.)

"Crispy" chicken

That's restaurant-speak for "calorie-laden." Grilled or roasted chicken is better.

Croutons and crispy noodles

I pass on both—the calories vary, but they can rack up more than 100 per $\frac{1}{2}$ cup.

PHOTOGRAPHED BY BETH GALTON

MY GO-TO DRESSING: At the salad bar I keep it as simple as possible, with a drizzle of extra-virgin olive oil and a glug of balsamic vinegar. If you're making a salad at home, you can customize this classic with flavorful add-ins, like grainy mustard, chopped scallions or shallots, fresh herbs, ground pepper, and lemon juice.

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TIP: Athletes aren't the only ones who get leg cramps!



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the top
10
A-Z, H2T, inside & out

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insta-spaghetti

veggies
per serving

1 1/2 cups

One-Pan Dinners (with the Veggies Built In!)

It's a meal. It's a miracle. It's both! These recipes pile your mains and veggie sides into a single pan and cook everything to plant-powered perfection.

RECIPES BY CHRISTINE ALBANO PHOTOGRAPHED BY RAYMOND HOM

All your ingredients—including the pasta—cook together in one happy pot. *Recipe, page 78.*



Insta-Spaghetti

Prep 20 min — Cook 20 min
Serves 4

The cooking water evaporates as the pasta and veggies cook, so there's no need to drain.

- 12 oz whole wheat spaghetti**
- 1 lb grape or cherry tomatoes, halved (about 3½ cups)**
- 1 onion, thinly sliced**
- 6 oz green beans, trimmed and halved (about 2 cups)**
- 3 cups baby kale**
- 6 garlic cloves, thinly sliced**
- 6 sprigs basil, plus more leaves for garnish**
- ½ tsp red pepper flakes**
- 1½ tsp coarse salt**
- Black pepper, to taste**
- 3 Tbsp olive oil**
- ¼ cup grated Parmesan**

COMBINE all of the ingredients except the Parmesan with 5 cups water in a large pot. Bring to a boil.

COOK, stirring to keep spaghetti submerged, until pasta is al dente and vegetables are cooked through (water will be nearly evaporated), about 12 min.

SEASON with more black pepper. Sprinkle with Parmesan and more basil.

454 cal, 13 g fat (2 g saturated), 17 g protein, 74 g carb, 7 g sugar, 14 g fiber, 832 mg sodium, 4 mg cholesterol per serving



lemony salmon

veggies
per serving
▼
almost 2 cups

Lemony Salmon with Broccoli and Tomatoes

Prep 15 min — Cook 12 min
Serves 4

- 2 lemons**
- 2 Tbsp olive oil**
- 1 head broccoli (about 1 lb), trimmed and cut into 2½-inch-long pieces (about 7 cups)**
- 10 oz grape or cherry tomatoes (about 2 cups)**
- 4 garlic cloves, thinly sliced**
- ¼ tsp red pepper flakes**
- 4 (6-oz) skinless salmon fillets**

- ½ tsp coarse salt**
- Black pepper**

- 1 cup pitted kalamata olives**

JUICE 1 lemon to yield 2 Tbsp juice, then whisk with the oil.

PLACE broccoli, tomatoes, and garlic in one layer in a large, straight-sided skillet. Sprinkle with red pepper flakes. Space salmon fillets evenly on top. Season with the salt, plus black pepper to taste.

THINLY slice remaining lemon. Add to skillet. Pour half the

lemon-oil and 1 cup water into skillet. Cover tightly. Bring to a simmer over high heat, then reduce to medium. Simmer gently, adjusting heat if needed, until fish is cooked through and broccoli is tender, about 10 min.

SCATTER olives on top. Spoon pan sauce and remaining lemon-oil over each serving.

390 cal, 20 g fat (3 g saturated), 40 g protein, 13 g carb, 4 g sugar, 4 g fiber, 511 mg sodium, 77 mg cholesterol per serving



DR. OZ ON GETTING YOUR VEGGIES

Does eight or more servings of produce a day sound like an impossible goal? A serving is smaller than you might think! A good day's total could be 4½ cups. With a salad at lunch, these dinners help get you there deliciously.

Honey-Mustard Chicken with Carrots, Potatoes, and Onions

Prep 15 min — Cook 45 min
Serves 4

- 3 Tbsp grainy Dijon mustard
- 1 Tbsp honey
- ¼ cup olive oil
- 4 skin-on, bone-in chicken thighs (about 1½ lb)
- 1 tsp coarse salt
- Pepper
- 12 oz baby red potatoes (about 10), halved
- 8 oz carrots (about 1 bunch),

peeled and halved crosswise (quartered if thick)

- 2 small red onions, cut into 8 wedges

- 10 sprigs thyme

HEAT oven to 400°F. Combine the mustard, honey, and 2 Tbsp oil and rub all over the chicken thighs. Season with ½ tsp salt, plus pepper to taste.

TOSS potatoes, carrots, and red onions with remaining 2 Tbsp oil and the thyme. Season with remaining ½ tsp salt, plus pepper to taste. Place chicken

thighs, skin sides up, on a rimmed baking sheet and scatter vegetables around them.

BAKE until vegetables are caramelized (stir them about half-way through cooking time) and chicken is golden and reaches an internal temperature of 165°F, about 45 min.

512 cal, 32 g fat (7 g saturated), 26 g protein, 30 g carb, 8 g sugar, 3 g fiber, 894 mg sodium, 135 mg cholesterol per serving

honey-mustard chicken

veggies
per serving

almost 1½ cups





roasted pork

veggies (and fruit!)
per serving

▼
2 cups

Roasted Pork Tenderloin with Acorn Squash and Grapes

Prep 20 min — Cook 30 min
Serves 4

Acorn squash is great because you can eat the skin—no need to peel it. But peeled butternut squash will work just as well. Swap in 3 cups of 1-inch cubes.

- 1 pork tenderloin (about 1 ½ lb)
- 4 sage leaves plus 2 Tbsp chopped sage
- ¾ tsp coarse salt
- Pepper
- 12 oz seedless red grapes on stem (about 3 cups), separated into small bunches
- ½ acorn squash, cut into ½-inch-thick half rings
- 8 oz Brussels sprouts, halved (about 2 cups)
- 3 shallots, thinly sliced
- 3 Tbsp olive oil
- 2 tsp sherry vinegar

HEAT oven to 400°F. Tie tenderloin with twine, tucking the thin end underneath. Slip 4 sage leaves under twine, and season pork with ¼ tsp salt, plus pepper to taste.

COMBINE chopped sage, grapes, squash, Brussels sprouts, and shallots in a bowl. Toss with oil and season with remaining ½ tsp salt, plus pepper to taste.

ROAST pork and vegetables on a rimmed baking sheet until pork reaches an internal temperature of 145°F and vegetables are tender, about 30 min. Let stand for 10 min.

DRIZZLE vinegar over vegetables and serve with sliced pork.

355 cal, 15 g fat (3 g saturated), 30 g protein, 28 g carb, 15 g sugar, 4 g fiber, 438 mg sodium, 75 mg cholesterol per serving ■



SHAKE UP THE SNACKUS QUO.

Sure we made that word up.
But here are a few words we didn't.
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UNIQUE IN EVERY WAVE

5 FOODS WE'RE ALL OVEREATING

These seem so healthy that we go a little crazy with them, say nutritionists. Use our cheat sheet to be a better portion teller and save hundreds of calories.

BY TERESA DUMAIN

Dark Chocolate



TYPICAL SERVING

1 bar

STAY-SLIM PORTION

1 oz (3 squares)

It's almost not your fault you can't stop. Eating chocolate boosts feel-good brain chemicals that make us want more. But polish off a bar and you could down 600 calories. One ounce? About 170.

Olive Oil



TYPICAL SERVING

2 Tbsp

STAY-SLIM PORTION

2 tsp

Sure, it's a good source of heart-healthy fats. But many of us get too heavy-handed when making, say, a salad dressing or roasting veggies. Just 2 tablespoons of EVOO add 240 calories to your meal.

Much better: Stick to 2 teaspoons for a reasonable 80 calories.

Whole Wheat Pasta



TYPICAL SERVING

more than 2 cups cooked

STAY-SLIM PORTION

1 cup cooked

Though higher in fiber than noodles made with white flour, whole wheat pasta isn't a "freebie." Heaping 2 (cooked) cups on your plate means 347 calories before you've added any sauce, protein, or—sigh—cheese. Go for half of that: 174 calories.

Almonds



TYPICAL SERVING

1/3 cup

STAY-SLIM PORTION

1 oz

Experts recommend a handful for a filling snack, thanks to the healthy fat, protein, and fiber found in nuts. That can easily become more like a fistful, which can pack in 300 calories or more. Keep it to an ounce, or 23 nuts; that's 164 calories.

Wine



TYPICAL SERVING

8 oz

STAY-SLIM PORTION

4 oz

Wine can be good for you, but it's easy to overdo it since many wineglasses hold two servings, or 250 calories. That nightly routine could be the reason the excess pounds don't budge. Enjoy a 4-ounce serving for under 125 calories. *iSalud!*

Sources: Libby Mills, M.S., R.D.N.; Kristin Kirkpatrick, M.S., R.D.; Erin Palinski-Wade, R.D., author of *Belly Fat Diet for Dummies*; Rachel Meltzer Warren, M.S., R.D.N, author of *The Smart Girl's Guide to Going Vegetarian*; Alissa Rumsey, R.D., M.S.



TEMPTING MEETS WHOLESOME

The Special K Flatbread Sandwich. Real eggs, sizzling bacon, and melty cheese, all in 220 deliciously satisfying calories.





GOOD DAYS START HERE

What you need in the A.M. is a whole lotta healthy in not a lotta time. So try our five-minute frittata, yummy overnight oats, portable smoothies, and more rush-hour eats, reinvented.



MICROWAVE MINI FRITTATA

Just zap the eggy goodness in a single bowl in the microwave—it's frittata fun, with a fraction of the work. Switch up the veggies (raw, cooked leftovers, any fridge finds) or change up the cheese.

Recipe, page 88

RECIPES BY SUSAN SPUNGEN
PHOTOGRAPHED BY JOHNNY MILLER



Whir Up Your Breakfast

Throw in ingredients, rev the blender, and get your fruit on, first thing.

1

MOCHA BANANA SMOOTHIE

Blend $\frac{3}{4}$ cup **almond milk**, $\frac{3}{4}$ cup **cooled coffee**, 1 chopped frozen **banana**, 1 **Medjool date** (pitted), 1 Tbsp unsweetened **cocoa powder**, $\frac{1}{2}$ tsp pure **vanilla extract**, 1 Tbsp unsalted raw **cashews**, and 3 ice cubes in a blender.

125 cal, 3 g fat (1 g saturated), 3 g protein, 25 g carb, 14 g sugar, 4 g fiber, 74 mg sodium, 0 mg cholesterol **per serving** (serves 2)

2

PEACH SMOOTHIE WITH MATCHA

Blend $1\frac{1}{4}$ cups **almond milk**, $1\frac{1}{2}$ cups frozen **peaches**, 1 tsp **matcha** (powdered green tea; look for it at tea stores or at republicoftea.com), 1 tsp **honey**, and $\frac{1}{2}$ tsp pure **vanilla extract** in a blender.

78 cal, 2 g fat (0 g saturated), 2 g protein, 15 g carb, 12 g sugar, 2 g fiber, 113 mg sodium, 0 mg cholesterol **per serving** (serves 2)

3

TROPICAL SMOOTHIE

Blend $\frac{1}{2}$ cup plain (2%) **Greek yogurt**, $\frac{1}{2}$ cup **coconut water**, 1 sliced **banana**, and $\frac{1}{2}$ cup each frozen **mango** and **pineapple chunks** in a blender. Top with 1 Tbsp unsweetened **coconut flakes** (toasted, if you like).

171 cal, 3 g fat (2 g saturated), 6 g protein, 33 g carb, 20 g sugar, 4 g fiber, 24 mg sodium, 4 mg cholesterol **per serving** (serves 2)

4

BERRY SMOOTHIE BOWL

Blend $\frac{1}{2}$ cup 2% **milk**, 1 cup mixed frozen **berries**, 1 chopped frozen **banana**, and 1 Tbsp ground **flaxseed** in a blender (add a splash more milk if needed to loosen, but keep thick). Serve in a bowl topped with 1 Tbsp **chia seeds** and $\frac{1}{2}$ cup fresh **berries**.

354 cal, 10 g fat (2 g saturated), 10 g protein, 63 g carb, 35 g sugar, 16 g fiber, 65 mg sodium, 10 mg cholesterol **per serving** (serves 1) →

Make-Ahead

Prep a few quick things the night before (or even on the weekend) and your breakfast will be ready to roll.

OVERNIGHT CHILLED OATS WITH CHIA

Prep 5 min plus chilling time
Serves 2

Combine 1 cup old-fashioned **rolled oats**, 1 Tbsp **chia seeds**, 1½ cups **almond milk** (or 2% milk), 1 Tbsp **honey**, ½ tsp pure **vanilla extract**, ½ tsp **ground cinnamon**, and a pinch of coarse salt in a small bowl. Cover and refrigerate 8 hrs or overnight. In the morning, stir the oats and add any toppings.

237 cal, 7 g fat (1 g saturated), 7 g protein, 40 g carb, 10 g sugar, 7 g fiber, 172 mg sodium, 0 mg cholesterol per serving

BREAKFAST BAKED SWEET POTATOES

Prep 2 min — Cook 1 hr
Makes 4

TO MAKE

Heat oven to 425°F. Prick 4 **sweet potatoes** several times with a fork. Bake, flipping once about halfway through, until very soft, 40 min to 1 hr. Refrigerate until ready to reheat in the microwave, about 1 to 2 min.

OPTION 1

COCONUT-MAPLE

Top 1 reheated **sweet potato** with ¼ cup plain (2%) **Greek yogurt**, 1 Tbsp unsweetened **coconut flakes** (toasted, if you like), ½ tsp pure **maple syrup**, a pinch of **ground cinnamon**, and a pinch of coarse salt.

191 cal, 4 g fat (4 g saturated), 7 g protein, 32 g carb, 10 g sugar, 5 g fiber, 208 mg sodium, 4 mg cholesterol per serving

OPTION 2

SPINACH-RICOTTA

Cover 1 cup **baby spinach** in a microwave-safe bowl. Microwave until spinach is wilted, about 1 min.

Top 1 reheated **sweet potato** with wilted spinach; 2 Tbsp **part-skim ricotta**; a pinch each of **cumin**, coarse salt, and pepper; and 1 Tbsp chopped **almonds**.

208 cal, 6 g fat (2 g saturated), 8 g protein, 31 g carb, 6 g sugar, 6 g fiber, 261 mg sodium, 10 mg cholesterol per serving



A genuine overnight success: The oats soak and soften in the fridge and can stay there for three to four days more. In the morning, top any which way with fruit, nuts, a drizzle of maple syrup, a sprinkle of cinnamon—or even some cacao nibs.

Baked potato for breakfast? Avocado toast (page 89) once seemed a little out-there too—and these are just as unexpectedly delicious. The baked potatoes will keep in the fridge for five days. Just pop them in the microwave before adding your choice of topping.



FRUIT AND NUT CEREAL BARS

Prep 10 min — Cook 20 min
Makes 8 bars

Vegetable-oil cooking spray

- 1 cup whole-grain puffed cereal (such as Kashi 7 Whole Grain Puffs)
- 1 cup whole-grain cross-hatch cereal (such as Nature's Path Heritage Bites)
- ½ cup whole-grain O's cereal (such as Cheerios)
- ½ cup pecans or almonds, coarsely chopped
- ¼ cup chopped dried apricots
- ¼ cup freeze-dried strawberries or blueberries (optional)
- ¼ cup honey
- ¼ cup almond butter
- ½ tsp pure vanilla extract
- ½ tsp ground cinnamon
- Pinch of coarse salt

HEAT oven to 350°F. Spray a foil-lined 8-inch-square pan with cooking spray. Mix cereals, nuts, apricots, and freeze-dried fruit, if using, in a large bowl.

HEAT honey and almond butter in a small saucepan over medium heat, stirring until smooth and starting to bubble, 1 to 2 min. Remove from heat. Stir in vanilla, cinnamon, and salt.

QUICKLY pour over cereal mixture and mix with a rubber spatula until thoroughly combined. Pour mixture into pan, and press firmly to compact.

BAKE until caramelized at edges, 12 to 15 min. Let cool completely before removing from pan. Cut into 8 bars.

172 cal, 10 g fat (1 g saturated), 3 g protein, 21 g carb, 12 g sugar, 3 g fiber, 70 mg sodium, 0 mg cholesterol
per serving



Wake & Make Breakfasts

Think of these as your new autopilot meals. They're easy to crank out when you're half asleep, and they all fall around the five-minute zone.

MICROWAVE MINI FRITTATA

Prep 4 min — Cook 1 min
Serves 1

Spray a small, flat-bottomed, microwave-safe bowl with **vegetable-oil cooking spray**. Whisk 1 large **egg** with 1 Tbsp water in bowl. Add 2 Tbsp diced **vegetables** (such as zucchini and tomato) and/or chopped **greens** (such as arugula), and ½ oz grated or diced **cheese** (such as cheddar or Jack; about 2 Tbsp). Microwave 30 sec or until

mostly set on bottom, adding more time in 10-sec intervals if needed. Flip egg mixture, and microwave until just set, about 30 sec more. Sprinkle with a pinch each of coarse salt and pepper. Serve on ½ toasted **whole wheat English muffin**.

193 cal, 10 g fat (4 g saturated), 13 g protein, 13 g carb, 2 g sugar, 2 g fiber, 388 mg sodium, 200 mg cholesterol per serving

This breakfasty take on a quesadilla trades the usual cheese for an egg and gets extra credit for the veggie slipped in.

"EGG-A-DILLA"

Prep 1 min — Cook 5 min
Serves 1

Heat a large nonstick pan over medium-high heat for 30 sec. Place one (8-inch) **whole-grain tortilla** in pan, and scatter ¾ cup **baby spinach** over the surface, leaving a little room in center. Crack 1 large **egg** in center. Add a dash of **hot sauce** (optional). Pour 1 Tbsp water around edges of pan, letting it run under tortilla. Cover pan tightly and cook, checking it at 4 min (continue to cook until egg is set). Season with ⅛ tsp each coarse salt and pepper, and fold tortilla in half to seal.

212 cal, 8 g fat (3 g saturated), 11 g protein, 24 g carb, 0 g sugar, 4 g fiber, 664 mg sodium, 186 mg cholesterol per serving





AVOCADO TOAST WITH PUMPKIN SEEDS

Prep 5 min
Serves 1

Top 1 slice **whole-grain toast** with $\frac{1}{4}$ **avocado**, and mash lightly with a fork. Sprinkle with 1 tsp shelled roasted **pumpkin seeds**. Squeeze **lemon** on top and drizzle with $\frac{1}{2}$ tsp **extra-virgin olive oil**. Sprinkle toast with a pinch of coarse salt and season with pepper to taste.

186 cal, 12 g fat (2 g saturated), 5 g protein, 17 g carb, 2 g sugar, 6 g fiber, 219 mg sodium, 0 mg cholesterol **per serving**

Avocado, that healthy, buttery star, loves a piece of hefty, whole-grain toast. (Pumpkin seeds, sprinkled on top, are an optional upgrade.)



Remember cereal? It's kind of awesome.

The ultimate convenience breakfast still works, and your bowl can earn bonus points if you follow these tips.

- ✱ **Look at the number one ingredient.** First on the list, ideally, is a whole grain, says dietitian Lisa Young, R.D., Ph.D. Whole wheat, oats, and other members of the fiber-filled squad help keep you feeling full.
- ✱ **Dial back the sugar.** Limit sugar to 3 grams per serving or less if you can, Young says. Don't go over 6 grams (that's dessert!).
- ✱ **Save some calcs for add-ins.** Milk, fruit, and other extras are joining the party, so aim for about 150 calcs or less for 1 cup of straight-up cereal, says Ashley Koff, R.D. (Word to the wise: Granola has been known to blow past that.) If you go a bit higher, no biggie.

Some brands that go easy on the sugar and calcs but still make us happy? Found 'em.

Organic Stoneground Flakes

So much yum in just three ingredients, starting with whole wheat.

160 cal,
5 g sugar, 5 g
fiber per cup,
backtotheroots
.com

Kix

Crunchy corn nuggets and childhood nostalgia—all with (who knew?) very little added sugar.

110 cal, 3 g
sugar, 3 g fiber,
per 1¼ cups

Grape-Nuts Flakes

The flaky (in a good way) version is actually lower calories than regular Grape-Nuts.

110 cal, 4 g
sugar, 3 g fiber
per ¾ cup

Cheerios

O's always have a fun factor—and these were low in sugar and big on oats before those things were even cool.

100 cal, 1 g
sugar, 3 g fiber
per cup

Original Puffins

Sweet enough for a kid, fiber-filled for a grown-up. That combo definitely works for us.

90 cal, 5 g
sugar, 5 g fiber
per ¾ cup

All-Bran Complete Wheat Flakes

Bran cereals can taste sad, but these have the perfect, pleasing sweetness.

90 cal, 5 g
sugar, 5 g fiber
per ¾ cup

Quinoa Pops Cereal, Cocoa

If you crave a chocolaty cereal, try this quinoa version, with about half the usual sugar.

100 cal, 6 g
sugar, 1 g fiber
per generous
½ cup, peregr-
spices.com

Heart to Heart Warm Cinnamon Oat Cereal

This oat-based bowl has a whole cozy sweet-and-spiced thing going on.

120 cal, 5 g
sugar, 4 g fiber
per ¾ cup





Raspberries (above) get a big shout-out for fill-you-up fiber.

Pistachios are stars in the “good” fats category.

Strawberries (below) are higher in vitamin C than most berries.

Top Toppers

Pick a tasty superfood. Add some more! Then get sprinkling.

1

RASPBERRY AND COCONUT FLAKES

The coconut offers a yummy way to sweeten naturally; it has no added sugars.

¼ cup **raspberries** + 1 Tbsp unsweetened **coconut flakes** (toasted, if you like)

88 cal, 4 g fat (0 g saturated), 2 g protein, 14 g carb, 9 g sugar, 2 g fiber, 1 mg sodium, 0 mg cholesterol **per serving**

2

BLUEBERRY, NUT, AND CRANBERRY

Go heavy on the blueberries, lighter on the dried cranberries—they’re often sweetened.

¼ cup **blueberries** + 1 Tbsp chopped **pistachios** + 1 Tbsp dried **cranberries**

49 cal, 4 g fat (3 g saturated), 1 g protein, 5 g carb, 2 g sugar, 3 g fiber, 2 mg sodium, 0 mg cholesterol **per serving**

3

STRAWBERRY AND BANANA CHIPS

Choose no-sugar-added banana chips to add a little extra crunch.

¼ cup sliced **strawberries** + 2 Tbsp unsweetened **banana chips** + 1 Tbsp chopped **walnuts**

104 cal, 5 g fat (1 g saturated), 2 g protein, 15 g carb, 8 g sugar, 3 g fiber, 2 mg sodium, 0 mg cholesterol **per serving** ■



GO BANANAS OVER GOOD FATS!

Looking for a sweet and simple way to get more good fats and make the most out of ripe bananas? Whip up this easy and delicious Banana Bread created by the culinary team at **I Can't Believe It's Not Butter!**® Enjoy throughout the week for breakfast, dessert or as a snack!



Visit **ItsTimeToBelieve.com** for more delicious recipes.

BANANA BREAD

14 SERVINGS | PREP TIME: 15 MINS | COOK TIME: 1 HOUR

- 3 large ripe bananas, mashed (1 ½ cups)
- 1 cup **I Can't Believe It's Not Butter!**® Spread
- ¾ cup firmly packed light brown sugar
- 2 large eggs
- ½ cup chopped walnuts
- 1 tsp vanilla extract
- 2 cups all-purpose flour
- 1 tsp baking soda
- 1 tsp ground cinnamon
- ¼ tsp salt

Preheat oven to 350°F. Brush 9 x 5-inch loaf pan with additional **I Can't Believe It's Not Butter!**® Spread; set aside.

Combine mashed banana, **I Can't Believe It's Not Butter!**® Spread, brown sugar, eggs and vanilla in large bowl with wooden spoon. Stir in remaining ingredients until blended. Spoon into prepared pan.

Bake 1 hour to 1 hour 10 minutes until toothpick inserted in center comes out clean. Cool 20 minutes on wire rack; remove from pan and cool completely.

Nutritional Information: 1 serving: Calories 230, Total Fat 11g, Saturated Fat 2.5g, Trans Fat 0g, Omega-3 ALA 0.73g (46% of the recommended daily value)

BERRY NUTTY WHOLE WHEAT BANANA BREAD

Substitute whole wheat flour for the all-purpose flour. Stir 1 cup assorted fresh berries, such as blueberries and raspberries, and ¼ cup flax seeds into batter.

**SIMPLE
RECIPE**



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0% ARTIFICIAL
PRESERVATIVES.**



Made from real, simple ingredients—like a blend of plant-based oils, purified water and a pinch of salt—I **Can't Believe It's Not Butter!**® is a source of good fats,* similar to those in avocados, walnuts and almonds. It's a simple and delicious way to get good fats into your diet. Discover why **ItsTimeToBelieve.com**.

It's time to **believe** *I can't believe it's not Butter!*

*One serving (1 Tbsp.) contains 295mg of omega-3 ALA, which is 18% of the 1.6g daily value for ALA.

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WASTED

TOO MUCH
FOOD GETS

39%
OF THE SEAFOOD WE
BUY IS DEEP-SIXED.

25%
OF FRESH FRUIT?
OUT IT GOES.



THE GOOD LIFE REPORT



24%
OF VEGGIES WIND UP
IN THE TRASH.

American households throw away an astonishing amount of food—**1,000 POUNDS** a year, twice as much as we tossed in the 1970s. What's worse, it's our **HEALTHIEST CHOICES** that usually **GET TRASHED**. Solve the problem in your kitchen and you'll **SAVE ABOUT \$1,600 A YEAR** (more than the average mortgage payment!).

WHEN WE'RE STANDING at the grocery store checkout on a Saturday afternoon, the week's meals stretch ahead full of promise. We load the conveyor belt with bananas and avocados for breakfast. Bushy, deep-green bunches of kale and red peppers for all the salads we're going to make. A bag of juicy cherries to snack on. Fresh salmon, since Dr. Oz says we should eat more fish.

At least, that's the plan. But imagine more than a quarter of those groceries rolling right past the register, where you pay dearly for them, directly into a

BY ERIN QUINLAN
PHOTOGRAPHED BY MAREN CARUSO

trash can. Because that's where a surprisingly large chunk of Americans' food winds up. Experts say that after food leaves the farm, kitchen waste—the stuff we buy but never eat—is the largest source of food loss in the U.S. overall.

"Household food waste is a massive problem," says Dana Gunders, a staff scientist at the Natural Resources Defense Council (NRDC) and author of the recent book *Waste Free Kitchen Handbook*. "On the flip side, that means there's real room for each of us to have an impact. This is a problem we can solve."

Good, because it's not just your wallet that's hurting. A 2014 report from the U.S. Department of Agriculture (USDA) found that the items we discard most readily are some of the most nutritious. (See "We Throw Out..." on page 98.) Bottom line: "We're tossing away really important nutrients our bodies need," says Kristi King, R.D.N., a clinical instructor at Baylor College of Medicine in Houston and a spokesperson for the Academy of Nutrition and Dietetics. But with some simple fixes to the four main problems below, you can recover a small fortune in good-for-you food. Worth it, right?

1

WE'RE BUYING TOO MUCH

"Shopping is like ground zero for food waste," says Gunders. "That's where we commit to the food." And—goaded on by marketers, disorganization, and our own impulses—we're committing to way too much of it, experts say. You could save more than 10% of your food bill just by shopping more realistically. Here's your game plan.

► **Go with a list.** More than 50% of our purchases at the grocery store are impulse buys, according to industry figures. That means you're liable to throw those chops into your cart without thinking through exactly when you're going to cook them. When food researcher Gustavo Porpino studied 50 families for a Cornell University study last year, all but one wasted a significant amount: "That mother kept a list on her fridge of what she needed, planned out the week's meals before shopping, and bought only from her list," he says. Be like that mom.

► **Shop European-style.** You're not the meal-planning type? Hey, we get you. "Another option is simply to shop more regularly and buy only what you need for the next few days," says Porpino. "That's what people in Europe and Latin America do, and they waste less at home."

► Beware of bulk shopping.

Your favorite pork tenderloin recipe calls for two apples, but you spy a five-pound bag on sale for \$4. It's a steal—but only if you eat every single Granny Smith. In fact, Porpino's study found that after spoilage is factored in, medium-size packaging is the real best value for most households. Save bulk buys for items that won't go bad, like diapers and paper towels.

► **Risk running out.** Even though almost everyone can buy food around the clock these days, our brains still seem to hold a fear of not having enough. In studies, we consistently overestimate pantry shortages and under-remember extras. In other words, when doubt hits in the

grocery aisle about whether there's a carton of eggs at home, you'll most likely stock up just in case. Live dangerously: Odds are you'll find a half-dozen waiting for you in the fridge.

► Spend more time in the freezer section.

Foodies fantasize about plucked-this-morning strawberries or fresh-caught fish. But those items may last days, while frozen versions can last pretty much indefinitely. Plus, the technology of freezing has improved tremendously over the last few decades. The fish in the freezer, for example, may be better quality than the one sitting on ice, because it was flash-frozen on the ship within hours of being caught.

► **Count it up.** Overall, food today is cheaper than it has ever been. Whereas our grandparents spent nearly 18% of their disposable income on groceries back in 1960, the latest figures have it at just over 9%, according to the USDA's Economic Research Service. We spend less than people in just about any country in the world: The Norwegians and Japanese spend about double what we do, and in other countries it's even more. With prices this low, some experts theorize, losing food just doesn't faze us that much. To make it hit home, for a week jot down and track the rough cost of everything you throw away uneaten. Neuroscience has shown that confronting money loss pains our brains, so you'll feel it—and change things up.



THE GOOD Ideally, you should be able to take in your fridge's contents at a glance. Keep food in its original packaging or in clear, stackable containers, and store like with like.



THE BAD It's an uninviting jumble of mystery leftovers, unwrapped produce, hard-to-reach containers... and what's that hiding behind the watermelon?



2

THE FRIDGE IS A HOT MESS—LITERALLY

Oh, there it is: that beautiful bell pepper you bought last week—except now it's sitting, wrinkled and suspiciously mushy, at the back of your fridge. Whoops. Prevent good groceries from going bad with these tactics.

► **Keep it wrapped.** Your mom may have taught you to unbag and wash produce right when you get home, before putting it away. But these days, the manufacturing process cleans your food so thoroughly that most experts say the best way to keep it fresh is to leave it in its packaging until you need it.

► **Don't overstuff.** Packing the shelves creates pockets of hot and cold that can damage your chow, experts say. The overall temperature should be around 37 to 40 degrees.

► **Be wary of the dating game.** Think the “sell by” or “use by” dates stamped on food are there to prevent illnesses? Nope. “They’re not based on any safety test,” says Emily Broad Leib, director of the Food Law and Policy Clinic at Harvard Law School. “Most are just manufacturers’ suggestions for quality and vary widely from state to state. In fact, if you go to the grocery store now, you’ll see dates on bottled water, vinegar, candy—things that you could safely eat in 10 years or more.” If you regularly pitch anything

KEEP THAT LETTUCE FRESH LONGER

These inexpensive tools will add extra days to your food's life



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Works by guzzling ethylene gas, a natural substance that prompts produce to age. (\$10 for set of two, bedbathandbeyond.com)

BERRY BREEZE

This battery-operated produce saver zaps icky microorganisms like mold. Kept our tester's fridge smelling good, too. (\$50, berrybreeze.com)

DEBBIE MEYER GREEN BAGS

These ethylene-absorbing bags kept our tester's lettuce crunchy for over a week. (\$10, bedbathandbeyond.com)

BALL FROZEN HERB STARTERS

Freeze fresh herbs in the flexible container, then pop 'em out, stir-fry ready! (\$16, freshpreservingstore.com)

with an “expired” date, you’re probably throwing away foods that are perfectly fine to eat. So how do you check if that milk’s actually OK? Go old-school and give it a sniff, scientists say. (If you’re still nervous, check the USDA’s new FoodKeeper app: It can tell you how long a particular item typically lasts—and even text “use soon” reminders as yours nears its end.)

3 WE NEED A NEW RECIPE FOR COOKING

Our grandmothers had the kitchen skills to take this and that out of the “icebox” and somehow transform it into a tasty dinner. These days, most of us lack that *Home Ec* background. But

by resuscitating some old tricks, adding a couple of new ones, and being careful about how much we serve ourselves, we can start to turn back the clock.

► **Curb your enthusiasm.** Brian Wansink, the head of Cornell University’s Food Lab, once did a study of “cupboard castaways” that had been in people’s pantries at least six months. In many cases, he says, “it was a unique product that, once people got it home, they didn’t really know what to do with.” If you’re making a recipe that calls for an unusual ingredient, consider substituting something you are more likely to use up swiftly. A quick online search will tell you that lemon zest can be used in a recipe instead of lemongrass, for instance.



► **Schedule a hodgepodge night.** Inevitably there are those days when your fridge seems full of odds and ends with no clear use. (Parsley! Always the parsley!) Turn to dishes that can absorb these stragglers, like stir-fries, pasta sauces, and mixed vegetable soups. Wansink makes something he calls Super Hamburger Helper once a week. “We put in maybe three times as many vegetables as the box calls for,” he says. “A lot of things can be hidden there.”

► **Serve yourself less.** “Plate waste,” the food scraped off our plates and into the trash, accounts for almost 10% of all the food we throw out, says Wansink. So serve yourself half as much: Better to go back for seconds than throw away “firsts.” That goes double for kids. A British study found that households with children waste 41% more food than those without—no surprise to any parent who’s watched a kid push around half her pasta, and then declare she’s full.

4

OUR LEFTOVER GAME NEEDS WORK

So you’ve gone to the supermarket, purchased a modest number of essentials, and whipped up a fresh, nutritious meal for your family. High five. But watch what happens next: A full 50% of our food gets thrown out after we’ve cooked it.

► **Schedule.** Don’t assume you’ll eat those leftovers just because they’re in the fridge; slot them in one night a week. And avoid creating leftovers on a Thursday or Friday. The families in Porpino’s study tended not to eat them over the weekend, since they were going out or visiting friends. Make that delish new dish on Sunday instead, and the extras can become Monday’s lunch.

► **Dish it up ASAP.** That lunch plan? Prep it right after dinner ends: If you just put the food away in the pan, you may be too lazy or frazzled to pack it the next morning.

► **Freeze wisely.** You can put almost any leftover meal on ice, from lasagna to coq au vin. Portion it into small servings, double seal each in foil and a freezer bag, and label it. Why little servings? “The smaller the amount of food, the more quickly it freezes,” says Penn State food safety expert Martin Bucknavage. That means large ice crystals won’t form, so your food will be more likely to keep its texture and taste. Two months from now, you’ll thank yourself. ■



66

OZ SAYS

One way to avoid wasting food: Remember that you can make an omelet out of anything! In our house, we search the fridge for leftovers and toss them in—spinach, steak, carrots, black beans, whatever!

FRIDGE RESCUE

Tips for saving your fading fare, from Ronna Welsh, founder of the food-salvage-savvy culinary school Purple Kale Kitchenworks.



BROWN BANANAS

Make banana bread, pudding, or smoothies, or peel and pop into a Ziploc bag to freeze. (Will last 2-3 mos.)



NOT-SO-FRESH HERBS

Hang to dry. Or freeze, just covered with water, in an ice cube tray. (To use in stews or soups, drop in a cube; the water will evaporate away.)



STALE BREAD

Put in a lightly dampened paper bag and heat in the oven at 325°F for 5 to 10 minutes. Watch carefully; it’s done when the bag is dry. Or make croutons. (Frozen bread will last up to 3 mos.)



AGING EGGS

Whisk yolks and whites together, then freeze in ice cube trays. Use for baking. (Lasts up to a year.)



STALE CEREAL

Put on a plate and zap for 45 seconds in the microwave to recrisp.



OLD WINE

Make sangria! You can also sub it for vinegar in dressings, stews, meat marinades, and braising liquid. Or freeze in 2-tablespoon cubes and save for cooking. (Will last 6 mos.)



WILTED LETTUCE

Plunge into an ice bath with a squirt of lemon and watch it revive.



HARD CHEESE

Use to thicken up soup stock, or stash in the freezer. (Will last 2-6 mos frozen.)



EXTRA MILK

If it’s still good, freeze it. It’ll last 3 months, though the texture may change. (Shake before using.)



LEFTOVER TOMATO PASTE

Plop tablespoonfuls down on a small tray and freeze. Once hard, put together in a bag or container and pop back in the freezer. (Lasts 2-3 mos.)

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September

INNER LIFE

OZ NEWS

5 THINGS WE JUST LEARNED

1

Break for Joy

No matter how packed-to-the-gills your schedule is, research suggests you should consider downtime mandatory. A new study found that leisure activities—think puzzles, crafting, or reading, even if it's a trashy novel—may lower your heart rate while giving your mood a lift. Those mental vacations, say researchers, may distract from negative thoughts that can chip away at you, emotionally and physically. So go ahead and spend Saturday afternoon painting polka dots on your nails—you need a little escape.

Turn for 4 More





2

pro hack

MAKE FRIENDS WITH STRESS

Our lives aren't getting any easier, so we might as well learn to go with the flow, says Kelly McGonigal, Ph.D., in her new book, *The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It*. You'll do better if you switch your focus from the pressure you're under to your resources—like how you're prepared for a particular challenge or what made you successful in the past. Research shows that this "challenge response" boosts blood flow to your brain and gives you energy and enthusiasm, while focusing on potential pitfalls slows your circulation, ramps up inflammation, and can make you doubt yourself.



FLY ABOVE ANXIETY

Focus on action-oriented thoughts.

3

How Your Husband's Caffeine Habit Could Help Your Sex Life



Coffee breath is a turn-off, but java itself could be a boon between the sheets, says new research. Men who consumed 170 to 375 mg of caffeine a day (about 2 or 3 cups of coffee) were less likely to report erectile dysfunction than those who sipped less than 7 mg a day, found researchers at the University of Texas–Houston School of Public Health. And it wasn't just coffee; tea-drinking guys reported the same positive effects.

4

Unleash Your Inner Hagglor Save bucks by negotiating your bills, says author and financial expert Nicole Lapin. Her advice: Call customer service on every invoice and ask for a better rate. "You don't want to miss out on savings because you didn't pick up the phone. Fight for your money!"

5

life organizer

THIS CASE IS AS SMART AS YOUR PHONE

When all you want to carry is your phone and the vitals, the EYN (Everything You Need) phone case makes so much sense: There's a spot to stash cards, cash, and a key; a mirror for post-salad smile checks; and a detachable wrist strap for hands-full moments. It comes in a bunch of fun colors and patterns, and there are versions for iPhones and the Samsung Galaxy. (From \$15, eynproducts.com)

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talking to your
kid is golden.
Time in front
of the TV? Not
so much.

Errands
have to get
done. Why
not do them
together?





YOU WANT TO STAY CLOSE TO
YOUR FRIENDS, YOUR PARTNER, AND YOUR
KIDS BY SPENDING LONG, UNPRESSURED
HOURS WITH THEM—BUT THEN THERE'S THE
LITTLE ISSUE OF *EVERYTHING ELSE*
THAT NEEDS TO GET DONE. READ ON AND DISCOVER
WAYS TO SHARE...

QUALITY TIME IN HALF THE TIME

BY SARAH WILDMAN
ILLUSTRATIONS BY MONICA RAMOS

TIME FOR LOVE

A good relationship with a spouse or partner is miraculous for our health. Numerous studies have shown a link between happiness, health, and coupledness. And yet, so often we squeeze each other in at the

margins. The answer, says psychologist Ty Tashiro, Ph.D., author of *The Science of Happily Ever After*, is building a few moments of non-negotiable connection into our routines. Then, when life gets messy, we can pare down to the bare essentials—and still get our love fix.

Repeat yourselves.

If you've read any relationship advice at all, ever, you know that trying new things is good for a couple. But when your week is slammed, who's got time for the salsa dancing lessons experts always recommend? Instead, rely on another cornerstone of good relationships: routine. "Researchers have found that couples who regularly engage in meaningful rituals, whether that's cooking together every Friday or going for a walk on Sunday mornings, are more satisfied with their marriages," says Tashiro. "It automatically builds in a period to focus on each other." This doesn't have to be a long time, but it does have to be sacrosanct. That way, you know that even if every other night is complicated, Friday night you'll be getting the good stuff.

Ditch small talk.

Don't settle for the timeworn one-two of "How was work?" and "Fine." Research by University of California, Santa Barbara, sociologist Shelly Gable, Ph.D., says couples with stay-

ing power often share a key tactic: They ask each other inquisitive, conversation-building questions. So when you walk in the door tonight, throw out a query that requires a multisentence answer. "Hey, what was the funniest thing that happened today?" can deepen a conversation with six more words. We've got time for that.

Share the choice bits.

Isn't it strange how the most energized parts of your day seldom go to the people you love? "We often give away our best time—early morning and mid-day, when we're most alert and lively—to other activities and reserve for each other the worst time, late at night, when we're tired," says Pepper Schwartz, Ph.D., a sociologist and coauthor of *Snap Strategies for Couples*. So reverse that. Rather than using prime Saturday morning hours to go to the gym, for

instance, hang with your sweetie and do an evening workout instead. Or if you always grab coffee on the way to work, get up a little earlier so you can have it at home, in bed, with each other.

Set goals. "We usually have clear ideas about what we want to accomplish at work for the week," says Tashiro. "But very few people do that for relationships." Think concrete goals: being kinder, a good listener, or more appreciative. Keeping these in mind will help you focus your time together.

Buddy up. The dog has to get walked and the dishwasher must be loaded, but if you redefine one or two of those chores as couple time, you can build moments of connection into every day, suggests organizational expert Marilyn Paul, Ph.D., author of the bestselling *It's Hard to Make a Difference When You Can't Find Your Keys*. In her own house, Paul has a rule: No one chops alone. That means anytime there are potatoes to be diced for dinner, a solo task becomes a reason to hang out.



Often, it seems as if our children can't possibly get enough of our attention—and there's nothing quite as guilt inducing (or inevitable) as feeling we've shortchanged them. But research shows that when it comes to well-being, how much time you spend with your kids isn't as important as what you do with it.

Think small. "Say 'quality time' and many people think of a special occasion: a trip to an amusement park, a day at the beach," says Carla Naumburg, Ph.D., a clinical social worker and author of *Parenting in the Present Moment*. "But it can be a five-minute morning check-in." Research shows that everyday moments—playing in fall leaves, reading together—contribute to family closeness more than splashy, once-in-a-while thrills. "What we do every day is more important than what we do sometimes," Naumburg says.

Take that car ride. Do you spend half your Saturdays driving kids here and there? Use your captivity for good. Naumburg points out that not



looking at someone can make it easier to talk about big things. “Sometimes, eye contact can be intimidating,” she says. Make a rule: The first 10 minutes in the car are tech-free chat time.

Never on Sunday. Have to work this weekend? If possible, do it on Saturday. Studies of weekend activities show that Sunday is still largely considered family time, and it’s the day you’re most likely to spend quality moments with your kids.

Skipping is better than stressing. If a crazy deadline means you’re frantic at the thought of your kid’s ballet recital, give yourself a pass this once. A recent study in the *Journal of Marriage and Family* suggests that minutes with Mom aren’t a bonus for kids if she’s anxious and stressed. “In order for mothers to provide emotional stability, they need to be content themselves,” says Amy Hsin, Ph.D., a sociologist at City University of New York. When life calms down again, you’ll be ready and there—all there.

HEY PAL

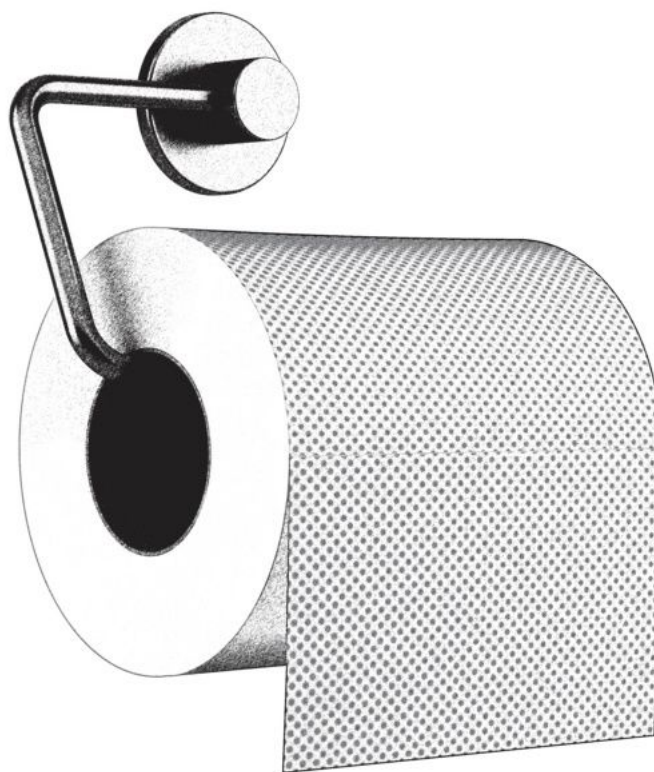
Your kid wants to be picked up from soccer practice, work just pinged you, and you were supposed to have coffee with your best friend. Guess who loses out? Yup. Research shows that when time is tight, women rain-check their leisure time. Yet the science is clear: Friendships act like a ballast, keeping us afloat when we’re floundering. “We need that connection for our well-being,” says Paul. Girlfriend getaways, even if they’re no longer than an hour, make a difference.

Plan it. Therapists and social scientists agree that friendships thrive on consistency and structure—ritual again. So instead of struggling through a stream of texts or emails every time you want to see each other, make a standing date with that good friend. If you’re the type to hit the farmers market every Sunday at 9 A.M., say you’ll do it together every third weekend of the month. Or catch the same bus downtown every Tuesday and sit next to each other. Or if she’s far away, FaceTime every Thursday night while you both cook. The key: Make getting together the default—with no planning needed.

Fewer interruptions, please. We think we can squeeze lunch with friends into a busy workday by just keeping an eye on

our phones while we chat—but, experts say, that kind of distraction can hurt rather than help your friendships. “Close relationships are built on three things: fairness, kindness, and loyalty,” says Tashiro. “When you’re constantly disengaging from a conversation to check your email, there’s often a perception of unfairness. Like, ‘I’m here, but you’re really not.’” Better to pick a different day or shorten the time you spend together, and do it when you can really focus on each other.

Send up a flare. You know that to be a real friend, you have to be there for your pals. But the opposite is also true, says William K. Rawlins, Ph.D., an Ohio University professor who’s studied communication among friends for more than four decades: “You have to let them help you; otherwise the relationship won’t feel balanced.” Crunch time is a perfect opportunity to drop the cape and send out an SOS, Superwoman. Your friend will feel closer to you by lending a hand—and you’ll get some priceless relief. ■



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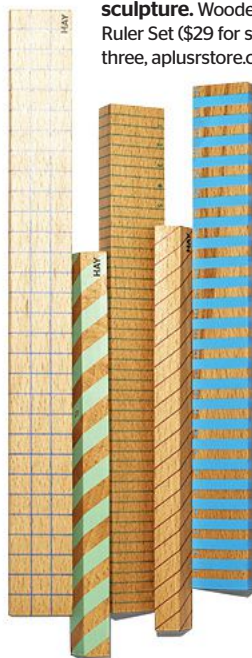
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SHINE A LIGHT... ...on even the dimmest corners with a streamlined adjustable lamp. Gravy LED Desk Lamp (\$198, lampsplus.com)



KEEP TRACK Mark your spot with these cute page stickies. Crystal Prisms Page Flags (\$5, girlforallwork.com)

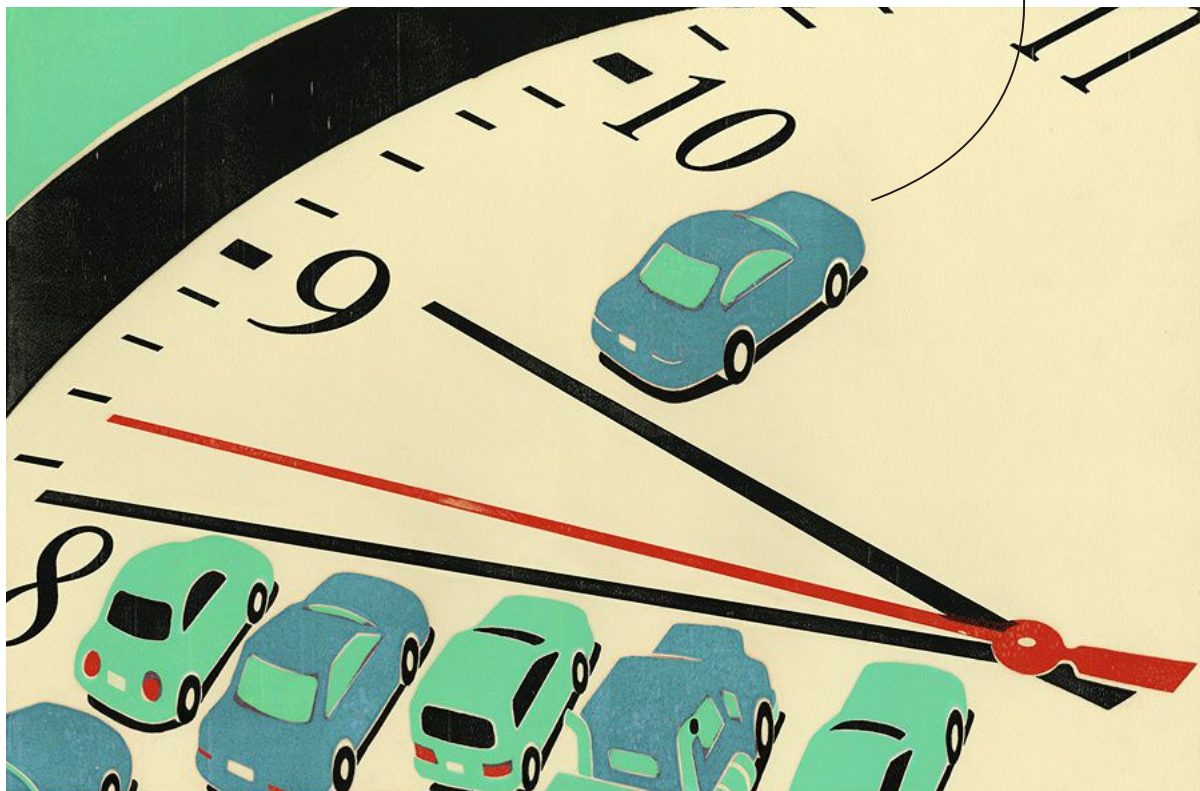


STORAGE SOLUTION This sleek wall organizer holds necessities and doubles as a magnet board. Revere Wall Mounted Storage (\$20, cb2.com), Punctuation Magnets (\$11 for set of four, seltzergoods.com), Color Block Notebook (\$9, poketo.com), Well-Kept Screen-Cleaning Wipes (\$6, staywellkept.com)

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How to Actually Enjoy Your Commute

About 86% of us drive to and from work, spending, on average, 50 minutes behind the wheel. So make your car your happy place.



Getting to work and back might be the unhealthiest part of our day, what with the unpredictable delays, solitary confinement, and the stress of...*Hey, did that guy just cut me off?!* But some of us don't hate our ride; instead, it's a calming, even soul-satisfying, ritual. Read this expert advice and become one of those contented commuters.

BY MICHELLE CROUCH ILLUSTRATIONS BY DAN BEJAR

1 Get fuel in your tank.

"You shouldn't tackle anything that might cause a fight-or-flight stress response, and that includes rush hour, without giving your brain some quality nutrition," says registered dietitian April Winslow, R.D.N., of the National Institutes of Health. So before hitting the road, have

a balanced breakfast. (See page 84 for delicious options.) Then make sure you're hydrated with regular water, or try coconut water: "It has potassium, which is like a pacifier for stress hormones," says Winslow. And keep healthy snacks, such as walnuts, in the car. "That way, you'll be prepared to take care of your body the same way you would a flat tire," she says.

2

Leave earlier (and check traffic).

If you find it challenging to get out the door promptly in the morning, consider what scientists call *time urgency*. That's the spike in your tension level when you're bogged down in traffic and that 9 A.M. meeting is ticking ever closer. Time urgency explains why work commutes have been connected to high blood pressure, depression, even obesity, says Jennifer Hughes, Ph.D., a psychology professor who studies commuting at Atlanta's Agnes Scott College. To reduce some of your stress, cut things a little less close—and, adds Tom Vanderbilt, author of *Traffic*, check your real-time GPS or an app like Google Maps or Waze before heading out. They can all help give you a solid estimate of how long your trip will take, accounting for any traffic mayhem. Research shows that just knowing what to expect can cut down on feelings of agitation and frustration, and the health woes they bring.

3

Watch your back.

The longer your commute, the more likely it could cause you back or neck pain, according to a Gallup poll. To nix pain, avoid hunching over the wheel: Recline slightly, with your legs outstretched and your head up straight, says Alan Hedge, Ph.D., director of the Human Factors and Ergonomics Laboratory at Cornell University.

4

Save errands for lunchtime.

Dropping off the dry cleaning, hitting the grocery store—for many of us, commuting isn't just going from Point A to Point B but also making several stops in between. This "trip chaining," says Commuting in America series author Alan Pisarski, is one of the reasons women's commutes are now longer than men's and more likely to be done alone, neither of which is good for our well-being. So if you can, leave some errands until your lunch hour or the weekend. Your ride will likely be shorter and less frazzled.

5

Don't be a lane hopper.

Changing lanes is the single most stressful activity we face in everyday driving, according to a Texas Transportation Institute survey. Worse, it rarely shaves off minutes: In a University of Toronto study, 70% of drivers believed traffic in another lane was moving more quickly than theirs, when it was actually going at the same speed.

6

Buddy up.

Spending hours on the road getting to and from work has the power to starve your social life: Every 10 minutes of daily commuting results in 10% fewer people in your life, according to Robert D. Putnam, author of *Bowling Alone*. And it turns out that travel time may have a negative effect on relationship quality, as well—a Swedish study found that couples were 40% more likely to separate if one of the partners had a long commute. If you can't shorten your schlep, find a way to avoid going it alone whenever possible. Try carpooling with a friend or taking public transit.

Drivers' Little Helpers**CINNAMON OR PEPPERMINT**


Dab an essential oil of either one on a cotton ball and keep it in your car. A NASA-funded study found that these scents increase drivers' alertness and calm, and help make trips feel shorter.

**SAM SMITH AND FRIENDS**

Especially when traffic gets tricky, switch to more soothing music. Drivers listening to high-energy, upbeat tunes go faster and are more likely to have accidents, says a 2013 study.

**THE RIGHT DAY OFF**

If you're able to work from home one day a week, choose Friday. You'll miss the worst time—Friday afternoon—for gridlock in most big cities, according to an analysis by *Governing* magazine.

A full-page photograph of a woman with long, wavy red hair holding a young child with blonde hair. They are standing on a sandy beach with the ocean in the background. The woman is wearing a grey short-sleeved top and white pants, and is smiling at the child. The child is wearing a pink and white striped shirt and black pants. The woman has a gold bracelet on her right wrist and a necklace. The child is pointing at the woman's face.

Erin took
breaks from
Gleevec to have
her three kids,
including Molly,
above. Stopping
altogether is
more perilous.

PHOTOGRAPHED BY BEN HOFFMANN

A Cancer Drug Gave Me This Life. Can I Survive Without It?

Since she was 23, Erin Zammett Ruddy has swallowed a daily pill to keep her leukemia at bay. Now she has a choice: stay the course or ditch the drug. Find out what she'll do next.

It's been 13 years since I got the news that changed my life. I can still feel the hot whoosh that swept through my stomach, the way my whole body seemed to hollow out as the doctor said, "I think it's leukemia." I nodded and pressed my lips together, afraid that if I opened my mouth, sobs would come out instead of words. Images of sick, frail, bald me flashed in my mind. Dying me. The sobs did come, but not until I'd stepped out of the doctor's office to call my mom, when I was forced to say it out loud for the first time: "I have cancer." In the days that followed, all the usual noise in my head—*What do I wear? Where should we eat? Why hasn't he called?*—was quieted by a pulsing refrain of those three words: *I have cancer, I have cancer, I have cancer.*

The card I'd been dealt was chronic myeloid leukemia (CML), a rare blood cancer that, up until that point, had been ultimately fatal in the majority of cases. Patients with my diagnosis had a 50% chance of living three to five years. Suddenly, everything I'd always assumed I'd do—get married, have kids, travel, write books—was followed by a question mark.

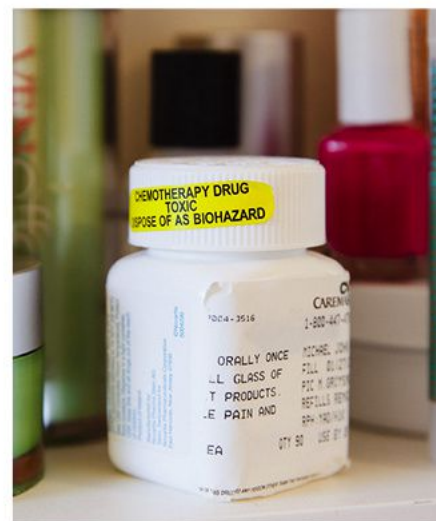
Then, more news: There was a drug, just approved by the FDA, that might put my cancer into long-term remission. The trial results for Gleevec were so astonishing that it was being called a magic bullet for cancer. My doctors were hopeful, even as they warned me that with this brand-new treatment, no one could make guarantees or predict the future.

I started taking Gleevec soon after I was diag-

nosed, and less than a year after my first dose, I was in complete molecular remission, meaning that no cancer cells could be detected. The plan was to take the drug indefinitely—quite possibly for life. As far as anyone knew, my reprieve would last only as long as I stayed on it.

That's what I've done for the past 13 years. My little orange pill has come to define me; it's as much "my thing" as my red hair. And it's been really, really good to me: Because of Gleevec, I got to fulfill my dreams of becoming a mom, a writer, an activist, and a traveler. But last November, my longtime oncologist, Michael Mauro, called to tell me about a clinical trial he was working on at Memorial Sloan Kettering Cancer Center. It was a study to see whether CML patients like me who'd achieved a deep and lasting remission on Gleevec (or other Gleevec-like drugs) could stop taking it and stay healthy.

I'd actually heard of trials like this going on abroad in recent years, and I couldn't understand why anyone would volunteer for such a thing. I'd think, *Why rock the boat? Why look a gift horse in the mouth? Why every other cliché that underscores how lucky many Gleevec cancer patients are to be alive and feel good*



"People always ask if my side effects are bad. They're not, but this is still a heavy-duty drug, not a vitamin."

while countless others aren't so fortunate? In these foreign studies, roughly 50% of patients relapsed when they stopped taking their medication, but most of them were able to regain a deep remission once they started back on treatment. A small percentage had a tougher time getting their disease under control but eventually stabilized. And in case you're wondering—as I did—no one died.

Now here was Dr. Mauro calling to tell me that the trial would be the first of its kind to take place in the U.S.—and that he thought I would be an ideal candidate. “You have all the right stuff,” he said, as if this were an *American Idol* audition we were talking about. Who doesn't like to hear that?

I couldn't explain why, but I felt that hot whoosh in my stomach again, like the one I had at 23. Only this time it was the good kind. Yes, there was fear, but it was mixed with excitement.

I didn't know what to think, or how to respond. But I knew that I was tired—of taking a pill every day, of wondering what this drug could be doing to me long-term, of clinging to my patient status when everything about me screamed survivor. Mostly, I just listened. Dr.

Mauro told me I had a few months to consider my decision—the trial hadn't opened yet—and that I should discuss it with my husband, Nick, my parents, and my sisters (my “team,” as he calls them). I would have to convince them—not just myself—to take one more leap with me on this confusing, bumpy, undeniably scary cancer journey.

Getting the team on board

I brought the idea up to Nick one night while we were cleaning the kitchen. I suppose a mature person would have at least sat him down, but that's not us. He whipped around from the sink and gave me what I can only describe as a dirty look. “Are you serious, Erin? Go off your Gleevec? Please don't say stuff like that,” he said. Who can blame him? We had been dating for two years when I was diagnosed, and he's been beside me the whole way. “I won't support your doing that, babe. Sorry.”

Later that night while we were lying in bed, he told me about a recurring nightmare. It was the first time he'd shared it with me, but he'd been dreaming this for years. He imagines me dying and leaving him alone to raise our three kids. In one version he moves to New York (we live in the suburbs, out on Long Island) to be closer to his job. That, for some reason, bothered me more than anything else in his death scenario. My babies need a yard! They need the ocean! They need...me. Of course, it didn't take a dream dictionary to know what was playing out in his sleep: a constant anxiety that the cancer would be brought back into our lives.

Nick came to my next appointment with Dr. Mauro a few weeks later, and he was the one asking a lot of the questions. Before Dr. Mauro answered them, he reminded us both that I'd already had a practice run—three of them, actually. In order to get pregnant and have babies, I had to stop taking Gleevec for nearly a year each time. There was the same chance of relapse then, too, but because Gleevec had held my leukemia levels so low, my doctors believed I would do well. And I did. We have three kids: Alex, 7, Nora, 5, and Molly, who will turn 2 in November.

But this was a bigger risk, because the official length of the discontinuation trial is three years—three times longer than my pregnancy breaks. The longer you're off the medicine, the more opportunity the cancer has to regenerate or pull a never-before-seen move. But Dr. Mauro explained why he thought I had “all the right stuff.” When you look at the data from trials abroad, the 50% who did maintain remission after going off the drug had the following in common: They'd been diagnosed in the early stages of the disease (that was me), they responded to treatment quickly (check), they were on Gleevec for long periods of time (13 years, baby!), and their CML had been undetectable (mine hasn't made a peep). He also assured us that he would be monitoring me with monthly blood tests after I stopped taking Gleevec, because if you relapse and don't go back on it right away, the leukemia cells can move into “blast crisis,” meaning they multiply at a rate that's harder—or even impossible—to stop. He saw my face change when he delivered this news and told me that he would never let anything bad happen to me. That's when I started crying. I knew—we both knew—that no matter how much Dr. Mauro cares for me, no matter how badly he wants to keep me healthy, some things are out of a doctor's control.



THE EARLY DAYS

Erin at 23 with her oncologist, Michael Mauro. “He’s been taking care of me since I was first diagnosed. Our bond goes beyond doctor-patient; he’s family.”



With her husband, Nick, and their kids on the beach near their home.

Strong enough to move on?

The truth is, Dr. Mauro is part of my team too. The MVP, if you ask me. In many ways, he's like family. He and his wife were at my wedding (she's a bridal designer and made my gown!). I trusted him with my life and became the poster child for Gleevec—literally. My face was featured on the drug company's ad campaign, which ran in places like the *Wall Street Journal* and the *New York Times*. I'm a board member of the Leukemia & Lymphoma Society. I've shared my story in magazines, blogs, even a memoir. People still sometimes recognize me, say, on the street or the train, and ask, "You're that cancer girl, right?" "Yup," I respond. And my message is always the same: *I am lucky. I have a normal life with cancer; others can too.*

But as I started to consider the trial, I realized that I don't *really* know what "normal" is. I started on this drug when I was 23 and single; I'm now 37 with three kids. Yes, I feel tired sometimes. Yes, I am puffy sometimes. Would these things that I've come to accept as my body's default settings be different if I weren't on Gleevec? During my other breaks I was pregnant and *feeling* pregnant, so I don't know what a drug-free existence is like.

In many ways I'm the healthiest I've ever been. I eat vegetables from my garden, sip warm

water with lemon in the morning, limit processed foods. I'm currently training for my second half-marathon. This pill now feels like it's the *least* healthy part of my routine. Even my body is starting to revolt against Gleevec: Lately, it seems to get stuck in my throat, and the taste lingers, causing a slow burn in my stomach no matter how much I eat. Just thinking about it triggers a faint nausea.

We're not talking about a vitamin. Gleevec is a powerful cocktail of chemicals targeted to kill unhealthy cells. It comes in a hazmat bag and says CHEMOTHERAPY DRUG, TOXIC, DISPOSE OF AS BIOHAZARD across the bottle. There are also a host of unknowns. The longest anyone's been on Gleevec is about 17 years. How would 60 or 70 affect my body? Even Brian J. Druker, M.D., who developed Gleevec (he's considered a contender for the Nobel Prize), said he didn't know the answer to that question. Since I was now faced with a decision about whether to abandon his miracle pill, I wanted to get his thoughts. He told me that yes, he would do the trial if he were me. He also said he'd never run a trial like this in Oregon, where he's the director of the Knight Cancer Institute at Oregon Health & Science University. His patients have said "Heck, no" when he's mentioned it. That 50% chance of relapse—not very enticing. But then

"All the things that matter to me have come from taking big risks. Going off treatment to have kids was controversial, but I knew I had to."



DR. OZ ON CANCER HOPE

I have interviewed Dr. Druker, who developed the breakthrough drug that changed Erin's life, and I'm fascinated by the way he and others are reimagining cancer treatment. Think of cancer as a light someone left on in the living room. How do you turn off the light? Traditional treatments like radiation and chemotherapy can destroy the room, and sometimes even the entire house, to kill the light. But newer drugs specifically target the proteins that power the cancer "light" and simply turn it off like a switch. As innovative researchers learn more about what distinguishes cancer cells from normal ones, they're figuring out how to stop the blood supply to cancer or how to use our immune response as a defense. Some cancers are now being managed and controlled much like other chronic conditions such as diabetes. What this all amounts to is reason for hope in the face of the big C.

came this: "If someone is off treatment for three to five years and their leukemia hasn't come back, they're cured in my book."

I did a little Rocky fist-pump when I heard him say that. I thought about how my being in this trial could mean that 30 years from now a newly diagnosed patient could be told, "Here's your pill. You'll take it for three years, and then you will be done." *Done with cancer!* I wish someone could have promised me that. Having decades of posttreatment data will help them determine who can safely stop and who can't, possibly with a simple blood test. I am a huge believer in clinical trials. It's how we get new and better medications, sometimes just in time to save lives. The courageous people who volunteered for the original Gleevec trials gave me the option to take a pill to treat my cancer. If my doctors thought I was in a position to do this trial—and that it could help find a cure or advance treatment or make someone else's life a little more bearable—maybe I owed it to the cancer community to sign on.

I've trusted my doctors from the very beginning, but I've also trusted my gut—and it was speaking to me loud and clear: I was in.

As for Nick, the person whose opinion matters most? He now sees there is nothing cavalier about my decision and is equally concerned about my taking a cancer drug for the rest of my life if I don't need it. These pills are like a great relationship I've outgrown. *Hey, Gleevec: It's not you, it's me.*

Erin 2.0: The next phase

When I first mentioned going off Gleevec to my parents, my dad asked, "Are you really going to do this to your mother, Erin?" My mom came with me to all my appointments in the early years and held my hand as the doctor cranked giant, screwlike needles into my hip

"I take care of my body, exercise, and eat well. Popping a toxic pill—even one that saved my life—feels like the opposite of healthy."

bone for my routine bone marrow biopsies. Then, 18 months after I got the news that I had leukemia, my sister Melissa was diagnosed with Hodgkin's lymphoma. She was seven months pregnant and had to endure the most grueling kind of chemo. While those days are behind us—Melissa's a healthy, happy mother of three herself—they never really leave you. I think everyone in my family has found comfort in my daily Gleevec routine, as if every pill I pop is putting some safe distance between the Zammett family and cancer.

As a mother, I understand my parents' desire to keep me safe. The other day, Molly burst into tears when my older kids left for a bike ride with Nick. I picked her up, and she nestled her face into my neck. I whispered, "You're OK, Mommy's here. Mommy's here, you're OK," but I couldn't help thinking, *What if the time comes when Mommy isn't here? No one will be OK.* Whenever I start to waver, though, I think about how everything that's important to me now—like these three kids I say "Hasta lasagna" to as I tuck them in at night—has come from taking big risks.

On July 7, 2015, I began screening for Sloan Kettering's Life After Stopping Tyrosine Kinase Inhibitors Study (the LAST Study, as they're calling it). That makes me Patient Number One. What happens next? As Dr. Mauro put it, "the crux of this trial is to go home and not take your medication." After three years, the trial concludes, and if I'm still in remission, I'll definitely be throwing a party. Perhaps I'll make Pinterest-worthy shot glasses out of my last few Gleevec bottles, saved for posterity. I've been living this chapter of my life for so long, I don't know exactly where I'll begin the next one. But I hope I can start by reintroducing myself to the world: *Hi, my name is Erin. I used to be "that cancer girl," but now I'm cured.* ■

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Come Back to School with Me

When it comes to learning, I can't get enough. After 20-some years of education, including seven training to be a surgeon, I'm still jealous as I watch kids head back to class every fall. Check out a few of the unique courses I'm inspired by now, and let's homeschool ourselves, together.

1

TUTOR YOUR TASTE BUDS

Every year, French school-kids go through a Taste Week called *La Semaine du Goût*. They discover how food is grown and prepared and learn to discern and savor flavors—which happen to be secrets to enjoying meals more and feeling satisfied with eating less. Hold your own *Semaine du Goût*: See if you can detect which broccoli is store-bought and which you picked up at the farmers market. Or at a restaurant, try to ID all the ingredients in a dish. You'll be reminded of nature's many great tastes (lots don't involve cheese, salt, or ketchup). It's the opposite of gobbling down a bag of chips and wondering where it went.

2

THE "KINDNESS CURRICULUM"

One of the niftiest facets of this program, developed at the University of Wisconsin–Madison, is that little kids learned what I think adults often don't realize: that being calm helps you be kind. Let's face it, agitation doesn't breed sensitivity. The next time someone presses a button of yours, summon some inner peace—especially before hitting "send" on that hotheaded post or email.

3

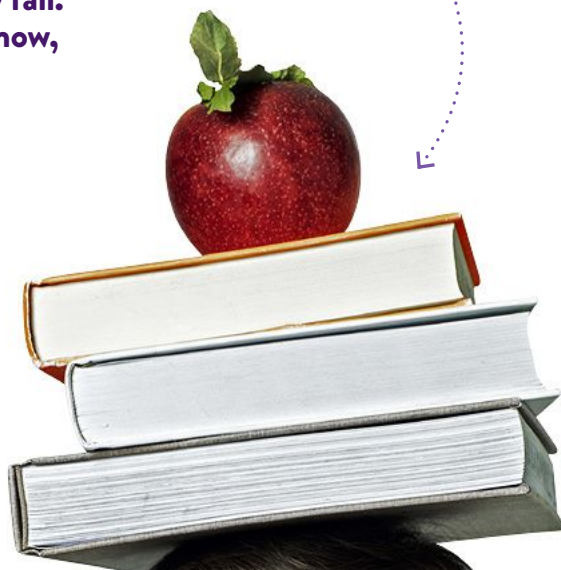
SLOW DOWN, LEARN MORE

In the Art of Walking class at Centre College in Kentucky, students take long strolls as they discuss philosophy texts. By moving as they talk, they make better connections with each other, with what they're reading, and with the communities they pass through. That's the power of movement for you. Try using it (lace up!) when you need to talk things out or get your brain unstuck.

The Best Course I Ever Took

I wish everyone could take the anatomy class I had in med school with Dr. Robert J. Johnson—he was the Tim Gunn of physiology. He'd patiently listen to us make mistakes and help us learn from them, all while bringing organs to life in our minds with his poetic, passionate descriptions of how they work.

New ways to absorb knowledge: Taste, breathe, walk



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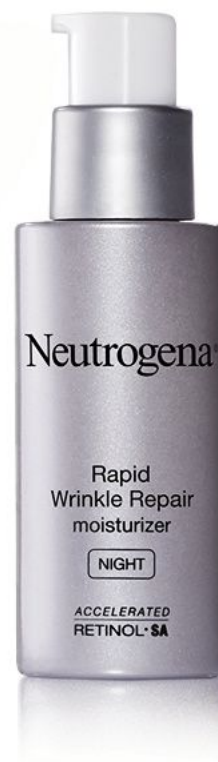
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